

A stylized illustration of a fish, possibly a plaice, in black and white with a yellow outline. It is positioned within a yellow spotlight beam that originates from the top left corner of the page. The background is a solid green color.

# PLAICE SPOTLIGHT



## THE BASICS

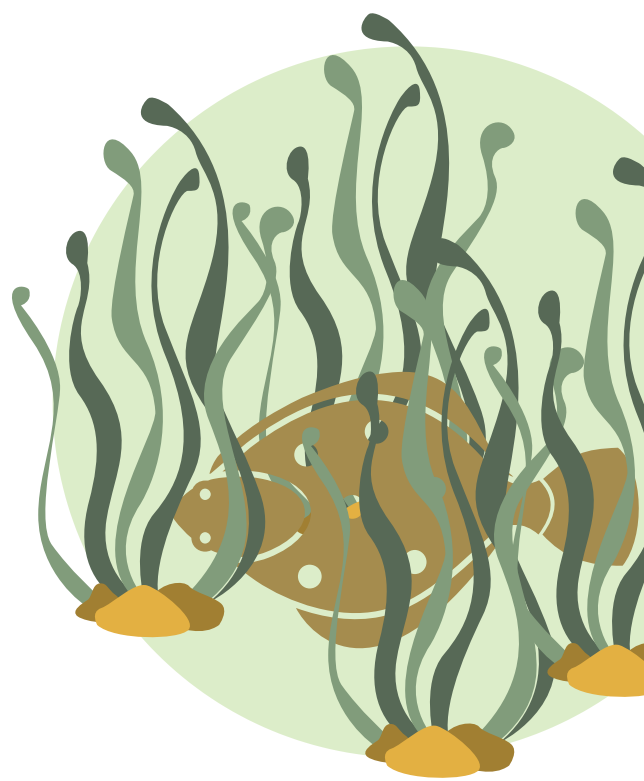
It's a fish that's **flat** like a pancake! Young plaice have eyes on both sides like normal fish, but as they get older both **eyes move** on to the right side of head, so that they can lie flat on one side.

There are a few different types of plaice, the biggest recorded is an European Plaice at a whopping **1 metre** and **50 years old!**

## LIFESTYLE

Plaice like to live in sandy muddy seabeds, like **seagrass meadows**, where there are lots of **worms, crabs, shrimp** and **shellfish** for them to munch

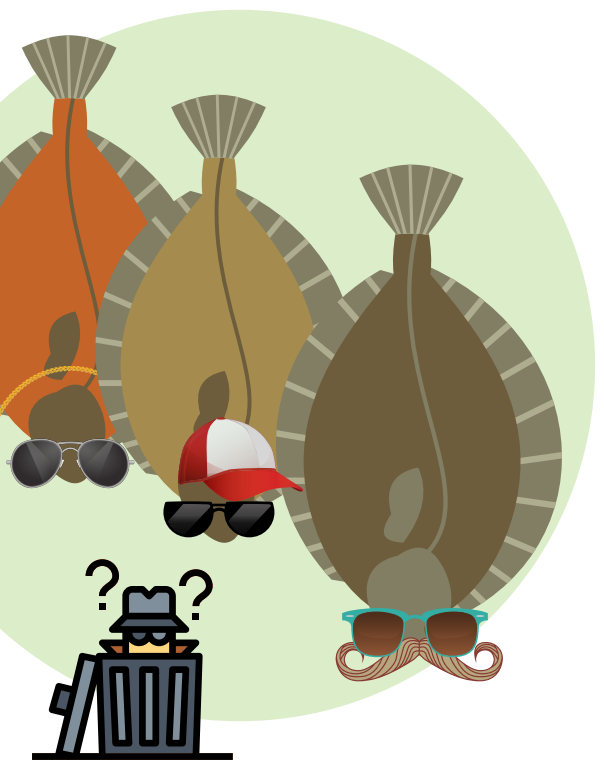
They have lots of **blunt teeth** to crush shells, but also like nipping the siphons off of snails that are buried in the sand.



## WEIRD AND WONDERFUL

Living in sandy areas means the plaice can **bury** itself so it goes unseen by predators and prey- the plaice is an **ambush** predator!

Combine this with plaice being able to **change** between three different **colour** stages really quickly and you'll find them they're very good at **hiding!**



## MUST KNOW

Plaice **migrate** to deeper waters to spawn.

They're **nocturnal** meaning they're most active at night.

Lots of people around the world think they're **super tasty!** Think fish and chip Friday...



Check out our other  
plaice activities!