



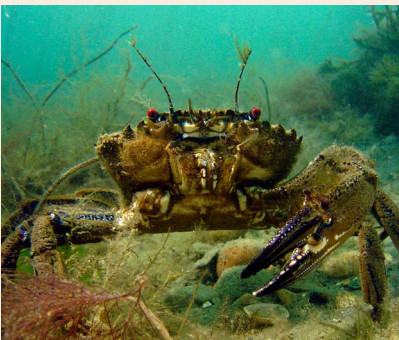
## Edible crab

It is brown in colour and can be identified using 3 key features – hairy legs, black tips to its claws and a pie crust edge to its shell. It has more meat than other crabs, so if you have ever had a crab sandwich at the seaside, this is what you've been eating.



## Velvet swimming crab

Its body is covered in short hairs that give a velvet appearance and are soft to touch, just like velvet. Its black legs are flattened like paddles, helping it to swim effectively and making it very speedy underwater. It has bright red eyes underwater and is known to be feisty!



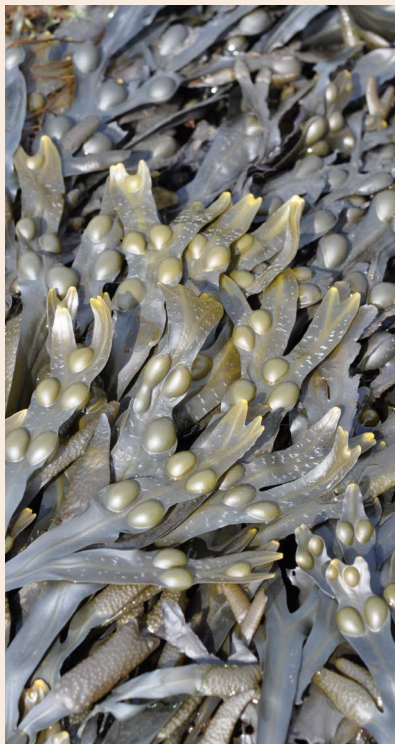
## Shanny

It is a small, elongated fish with a large head and big eyes. It is common in rockpools and shallow waters, but is shy and normally hides under stones or seaweed. It can be quite hard to spot when it is still as its mottled colouring is an excellent camouflage.



## Bladder wrack

This seaweed has round air bladders which allow it to float upright underwater, moving it closer to light and helping with exchanging gases and absorbing nutrients. It provides a shelter for many creatures and is a food source for others.



## Irish moss

This is a common seaweed found on rocky shores. It is usually reddish-purple in colour and its fronds can appear iridescent blue underwater. It is commonly used as a thickening agent in many products like ice cream and toothpaste. Look out for its other name 'carrageenan' on ingredients lists.

