

JAKE THE HAKE

Jake the Hake started his life in the shallow-water **Cape Namaqua National Park MPA (Marine Protected Area)** far up South Africa's west coast.



Photo: ACEP
Deep Forests
Project

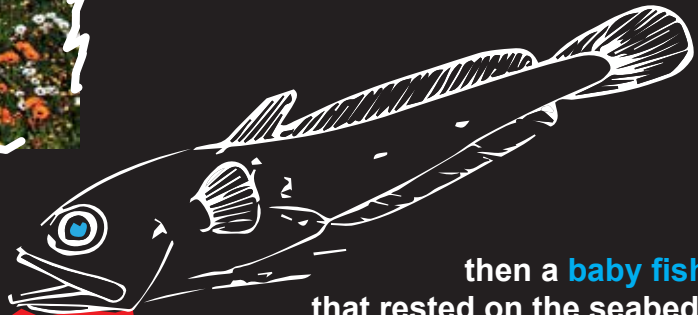
This Marine Protected Area is found off shores that are known for **glittering diamonds** and **beautiful spring flowers**.



Photo: George Branch



From a floating egg, **Jake grew** into a **tiny fish larvae**...



then a **baby fish** that rested on the seabed.

As Jake grew, he moved out into **deeper water** from the inner shallow shelf onto the deeper outer shelf with sandy plains where much of the life is hidden..

Jake fed on **small shrimps** and **crab-like animals**, often moving off the seabed at night to feed in mid' water.

Bottom trawl



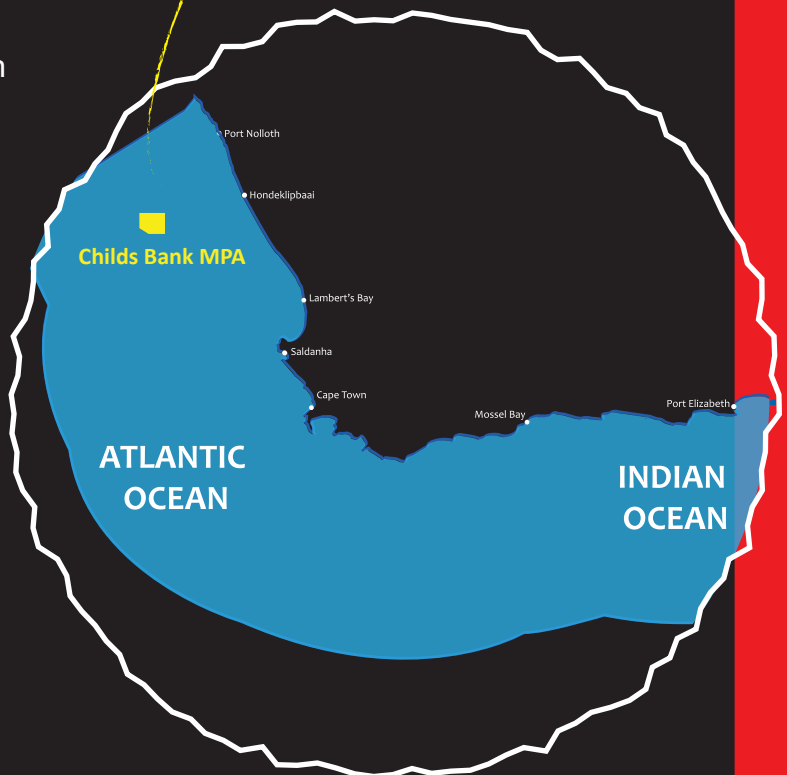
Hake are an important food for many South Africans and are caught with **trawl nets** or long lines set **on the sea bed**.

Jake's parents lived in the **Child's Bank Marine Protected Area**, a special place where an underwater hill rises up from water depths of 300 m to a flat top at 200 m.

The steep sides of this underwater hill are home to animal forests where creatures such as **seafans, deep water coral, sponges and sea squirts** make homes for fishes and basket stars.

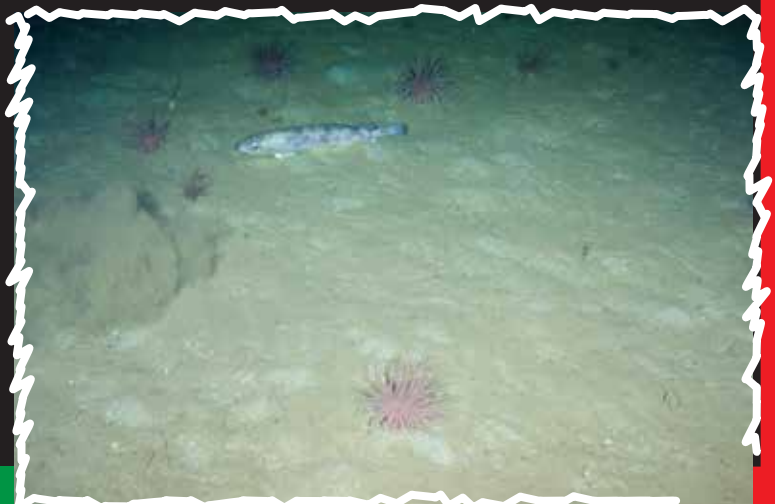



Photo: NRF/SAEON



Basket stars are special types of starfish that filter food from the water using their outstretched arms held in a basket shape.

When Jake arrived on the flat-top of the underwater hill, he lay on the sandy seabed.





Jake longed to see more of South Africa's amazing ocean and he travelled along the shelf edge, where the **wide continental shelf** drops into the deep sea.

He went all the way past Cape Town and met friends like

Jaco the Jacopever

and **Jabulani the deep water hake**.

Jake's new mates lived in the **Brown's Bank MPA**.

They warned him to keep safe in the **MPA** where he could grow to a large size and breed many times.

This is the warning poem from Jake's mates:

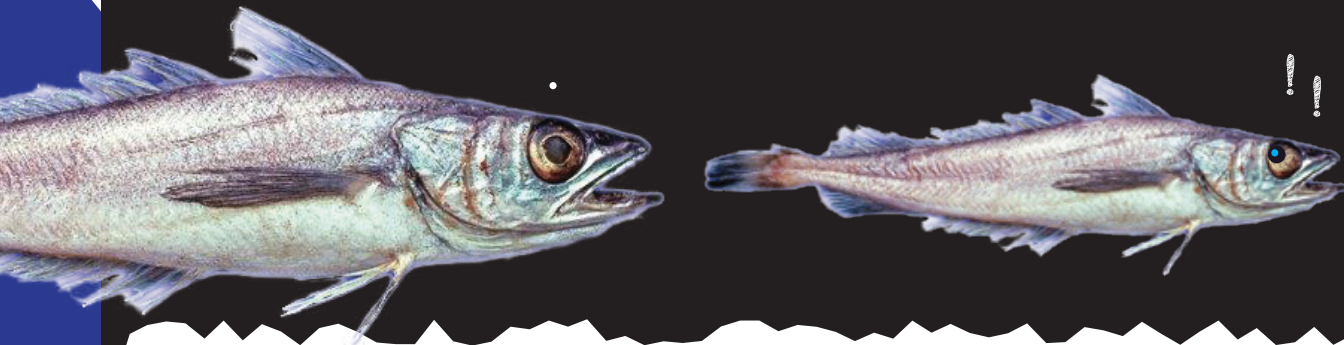
Jake
the hake
don't make
a mistake!
Don't stray
out the MPA
you may become
a filleted fish bake
or a **deep fried fish cake!**
For goodness sake Jake
stay safe where it is **no-take!**

Offshore MPAs help keep the **seabed healthy** in those areas and can help **fisheries be sustainable** – so humans and other creatures can eat hake in the future.



SOME HAKE FACTS

- ★ The **maximum length** of a Cape hake is **115cm** and they can **live up to 13 years**.
- ★ Cape **hake eggs spend weeks floating in the sea** before settling on the seabed. Like most fish, hakes have **no parental care** and fish babies must look after themselves.
- ★ **Hakes practice cannibalism** with big hake feeding on small hake!



QUESTIONS

1. If Jake was 30cm when he left the Namaqua National Park MPA and 73 cm when he reached Childs Bank MPA, how much did he grow between the two MPAs?
2. If Jake is 90cm when he reaches the Browns Bank MPA and hake grow 5cm per year, how long will it take Jake to reach maximum size of 115 cm?
3. If Jake can swim 50 km per day and there are 700 km between Childs Bank and Browns Bank MPAs, how days will it take Jake to travel between many MPAs?

More information on South Africa's MPAs

www.mzansea.org

www.marineprotectedareas.org.za

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Helping people to care for our ocean