



LESSON 1

WHAT IS SEAFOOD?

OVERVIEW

APPROXIMATE TIME TO TEACH

45 minutes (30 slides)
Depending on the activities you choose to do, the lesson may take longer.

MATERIALS NEEDED

Seafood word scramble handout

Fish-match mixer handout—from:
http://www.4hfishing.org/resources/angling_skills_pdfs/6f_fish_match_mixer.pdf

GOALS

Participants will gain a better understanding of the large variety of seafood products available.

OBJECTIVES

Participants will increase their knowledge of the following:

- What seafood is
- Where our seafood comes from
- Consumer preferences
- Future seafood supply and demand

ACTIVITIES

Not all these activities may be possible; fish hatcheries may not exist in the area. Visiting a supermarket, doing the seafood word scramble, or doing the fish-match mixer will add to a greater understanding of the lesson and be fun, too.

- Visit a private or public fish hatchery to learn about aquaculture
- Visit a supermarket or fishmonger and list all seafood species available (can be combined with lesson 4)
- Do the seafood word scramble
- Do the fish-match mixer

EVALUATION TOOLS

Pretest: participants will complete before beginning lesson 1. A posttest will be given at the end of the lesson. Changes in knowledge will be measured by the test results. Number the exams (pre- and posttests) ahead of time so the results can be matched.

LESSON REFERENCES
AND FURTHER
INFORMATION

Statistics quickly become dated as new information becomes available. It is possible to keep current by checking the National Marine Fisheries Service, USDA National Agricultural Statistics Service and National Fisheries Institute web sites on an annual basis.

2005 Aquaculture Census, USDA-NASS:

<http://www.agcensus.usda.gov/Publications/2002/Aquaculture/index.asp>

American Heart Association: <http://www.americanheart.org/>

Dietary Guidelines for Americans, 2010:

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Food and Agriculture Organization of the United Nations, Fisheries and Aquaculture Department: <http://www.fao.org/fishery/en>

National Fisheries Institute: <http://www.aboutseafood.com/>

National Marine Fisheries Service: <http://www.st.nmfs.noaa.gov/index>

Seafood Health Facts: Making Smart Choices:

<http://www.seafoodhealthfacts.org/>

United States Department of Agriculture, National Agricultural Statistics Service: <http://www.nass.usda.gov/>

United States Department of Labor, Bureau of Labor Statistics:

<http://www.bls.gov/>