# 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](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.
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:

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/


Seafood Health Facts: Making Smart Choices:
http://www.seafoodhealthfacts.org/


United States Department of Labor, Bureau of Labor Statistics:
http://www.bls.gov/