# Lesson 2

## Health Benefits

### Overview

<table>
<thead>
<tr>
<th>Approximate Time to Teach</th>
<th>1 ½ hours (40 slides)</th>
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<tbody>
<tr>
<td>Depending on the activities you choose to do, the lesson may take longer.</td>
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### Materials Needed

- MyPlate handouts – [www.choosemyplate.gov](http://www.choosemyplate.gov)
- EPA and DHA in seafood handout
- Rubber food models – to show 3-ounce portions (can be purchased from [www.eNasco.com/fcs](http://www.eNasco.com/fcs))
- Seafood nutrition facts handout

### Goals

Participants will learn about the health benefits of eating seafood.

### Objectives

Participants will increase their knowledge of the following:

- The 2010 Dietary Guidelines
- Health benefits of seafood
- Seafood serving recommendations

### Activities

- Share copies of the MyPlate handout. Refer to web site address: [www.choosemyplate.gov](http://www.choosemyplate.gov) for participants to go online to print their own individual MyPlate.
- Show a 3-ounce serving of seafood. Use food models if you have them available.
- Show samples of fatty and lean fish to judge fat contents by the color of the fish, or tour a market to observe the colors of seafood flesh.
- Share copies of the EPA and DHA in seafood handout.
- Share of copy of the U.S. Food and Drug Administration's “Seafood Nutrition Facts.”

### Evaluation Tools

Pretest: Individuals completing the 4 lessons will complete and pre- and post test.
LESSON REFERENCES AND FURTHER INFORMATION

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


Essential Fatty Acid Education (for information on omega-3 fats): http://efaeducation.nih.gov/


MyPlate: http://www.choosemyplate.gov

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

Seafood Choices Alliance: http://www.seafoodchoices.com/

Sea Grant, Delaware Sea Grant, University of Delaware: http://www.deseagrant.org/outreach-extension/seafood-technology-faq-how-nutritious-seafood

USDA ARS Nutrient Data Laboratory (for protein content of foods): http://www.nal.usda.gov/fnic/foodcomp/search
