

# Food tech challenge



Your name:

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## > Your mission:

**Create a new lunchbox recipe using sustainable seafood**

### What to do

1. You're going to take part in a competition to create a new lunchbox recipe. Your recipe will use seafood, but not one of the top 5 most eaten species.
2. Follow the steps set out in this workbook. They will guide you through the tasks you need to carry out for your mission.
3. Follow safety instructions from your teacher.



1 billion people around the world depend on seafood as their main source of protein

### Your recipe must:

- Include seafood but not one of the top 5 most-eaten species: cod, haddock, salmon, tuna and prawns
- Include a carbohydrate
- Include at least one vegetable
- Be easy to make
- Taste good!

## 1 The Big 5

In the table below, write down ideas for alternatives to the top 5 most-eaten species of seafood in the UK.

Big 5 species	What fish can be used instead?
Cod	
Haddock	
Salmon	
Prawns	
Tuna	

## 2 Your recipe idea

In the box below, write down a summary of your lunchbox recipe idea that uses an alternative fish to the top 5.

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### 3 Ingredients list

What ingredients do you need for your recipe? Make sure you include a carbohydrate and at least one vegetable.

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### 4 Method

Write the instructions for making your recipe.

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## 5 Checklist for success

Make sure your recipe includes:

- Seafood, but not one of the top 5 most-eaten species
- A carbohydrate
- At least one vegetable
- Have simple instructions
- Taste good

You're ready! It's time to make your delicious recipe.

## 6 Scoring grid

Use the table below to score your recipe. You could score the taste of your own recipe or ask other people to try it.

	<b>Circle your score</b> (1 is low, 5 is high)
How does the food taste?	1 2 3 4 5
How good does the food look?	1 2 3 4 5
How does the food smell?	1 2 3 4 5
How easy was it to make?	1 2 3 4 5

## 7 Changes to the recipe

How could you improve your recipe?

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Who created the best new lunchbox idea? You could taste test everyone's recipes and vote for a winner.

# Fishy facts

## Did you know?

### Fishy Facts

- 1 billion people around the world depend on seafood as their main source of protein.
- Some fish are as endangered as the Bengal tiger.
- Fishing methods like trawling and dredging can cause lasting damage to the seabed and other marine habitats. Longlines and gill nets can accidentally catch vulnerable species like turtles and sharks.
- Seafood has a much smaller carbon footprint than most land-based proteins. If fish farming is well managed, it will play an important role in supplying future populations with food.
- 93% of the world's fish stocks are fully or over-exploited from fishing.
- 80% of the seafood we eat in the UK is made up of five species: cod, haddock, salmon, tuna and prawns.

### How to eat fish responsibly

Fish is a valuable source of protein with many health benefits. Eat it responsibly by:

- avoiding red rated fish. Check the Good Fish guide for ratings
- switching the fish you choose.
- choosing sustainably sourced fish.



**Blue mussel** >

■ Best Choice ⓘ

2 ratings

# Switch fish

Seafood has a much smaller carbon footprint than most land-based proteins. If fish farming is well managed, it will play an important role in supplying future populations with food.











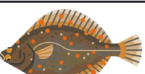






## How to eat fish responsibly

Fish is a valuable source of protein with many health benefits. Eat it responsibly:

- Avoid red rated fish. It could be endangered, caught using damaging methods of fishing or farming, or there could be illegal activity involved in catching or farming it.
- Check the Good Fish guide for ratings
- Buy fish with eco labels



- Try new fish

Instead of...	Why not try...		
 Cod	 European Hake	 Coley	 Plaice
 Haddock	 European Hake	 Coley	 Farmed turbot
 Salmon	 Rainbow trout	 Plaice	
 Prawns	 Langoustine	 Brown crab	
 Tuna	 Mackerel	 Wild-caught sardines	

# Find the Best Choice seafood near you

MARINE CONSERVATION SOCIETY

Buy local, Support local



**Brown crab**

Shetland

Pot/creel



**Megrim**

North Sea (north)

Demersal otter trawl



**Haddock**

North Sea

Demersal otter trawl/  
Demersal seine net/  
Longline



**Dab**

North Sea

Demersal otter trawl/  
Demersal seine net



**Langoustines**

West of Scotland

Pot/Creel



**Dover sole**

Bristol Channel

Demersal otter trawl



**Hake**

Cornwall

Gill or fixed net



**King scallop**

Lyme Bay Hand-dived



**European lobster**

Jersey Pot/Creel



**Plaice**

English Channel (east) & North Sea

Demersal otter trawl

Best Choice

UK farmed seafood



**Mussels**

Suspended Rope Culture / Bottom Culture



**Rainbow trout**

Freshwater ponds



**King & Queen scallops**

Suspended Rope Culture / Bottom Culture



**Atlantic halibut**

Onshore open-circuit system

Map supplied by freevectormaps.com

# Make the swap

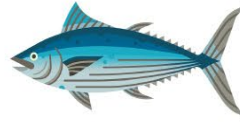
UK seafood lovers are creatures of habit, often opting for the same, popular species - the 'Big Five' - which have mixed sustainability credentials and are often imported. The [Marine Conservation Society](https://www.marineconservation.org) suggests 'buying local' to encourage the development of more sustainable UK seafood. Find out more at [www.goodfishguide.org](https://www.goodfishguide.org)



Cod

## Is it sustainable?

UK stocks are doing very badly, but stocks in Iceland are healthy and are currently at sustainable levels.



Tuna

## Is it sustainable?

Sustainability depends on species, location and fishing methods. Generally the best options are skipjack and albacore caught with pole and line or handline.



European hake

## Swap it for...

Thanks to good management and beneficial environmental conditions hake is now a great sustainable choice.



Mackerel

## Swap it for...

Handline-caught from the southwest of England is the best choice.



Prawns

## Is it sustainable?

Sourced from all over the world, prawns can be sustainable, depending on what species they are and where and how they were caught or farmed. Generally, prawns with an eco-label like Organic, MSC or ASC are the best choice.



Salmon

## Is it sustainable?

Wild Atlantic salmon is not doing well, and the environmental performance of most farmed salmon still needs improving. In the UK, organic and Scottish ASC-certified farmed salmon is a better choice.



Rope-grown mussels

## Swap it for...

Grown using low-impact methods, harvested by hand and get all the food they need from the sea around them. What's not to love?



Farmed scallops

Much like mussels, UK farmed scallops don't need any feed or chemicals and are grown using low impact methods.



Farmed Arctic char

## Swap it for...

This is an oily fish that's related to salmon. Make sure to only get farmed Arctic char, ideally from the UK.



Farmed rainbow trout

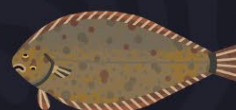
Also closely related to salmon, and therefore a great alternative. Look for rainbow trout farmed in freshwater ponds in the UK for the best options.

## Mix it up



Haddock

Actually, yes it is sustainable! Haddock from the North Sea, as well as Iceland, is currently a great choice.



Dover sole

However, if you want to mix things up, try Dover sole from the Bristol Channel and western English Channel, where stocks are booming.