

# Activity: Home seafood survey

In this activity, pupils look at the types of seafood eaten over a week and compare their findings with the nation's seafood choices. They'll learn about the link between what we choose to eat and global fish stocks.

## You will need:

- [Seafood examples](#)
- [From fish to food activity](#)
- [Home seafood survey sheet](#)
- [Best choice seafood map and swap sheet](#)

## What to do

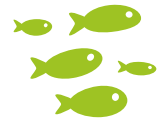
### What is seafood?

1. As a class, discuss the types of food we get from the sea. Encourage pupils to think about foods they have eaten or seen others eating, perhaps on holiday or in a restaurant. Create a quick list of ideas. You could use the [seafood examples](#) if needed.
2. Divide pupils into groups and ask them to complete the [From fish to food activity](#). The game will encourage pupils to think about the food they eat and where it comes from. Discuss how hard or easy it was to match the fish to the food products.

### What are we eating?

1. Record the amount of seafood eaten by everyone's families during a week on the [Home seafood survey sheet](#). Don't forget to include everyone's lunches!

*Continued on next page*



**93%** of the world's fish stocks are overfished

# Activity:

## Home seafood survey

### What are we eating? (continued)

2. Collate the survey results into a class spreadsheet of findings. Ask pupils to work together to present the findings as a chart and identify which seafood was eaten most frequently.
3. 80% of the seafood we eat in the UK is made up of 5 species: salmon, cod, haddock, prawn and tuna. How do the school results compare with the rest of the UK? If your school's results are different from the UK norm, discuss possible reasons and whether it has positive or negative consequences.
4. Recap the meaning of 'sustainable' (enough, for all, forever) and what sustainable food means. 93% of the world's fish stocks are fully or overexploited. What does our choice of seafood mean for the future of fish?

### 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.

# Activity: Home seafood survey

## Preparing for Step 3

In Step 3 you will take action to stop overfishing. One way you could do this is to try and persuade friends and family to make more sustainable seafood choices.

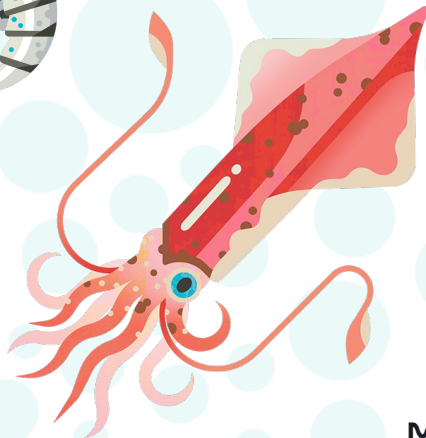
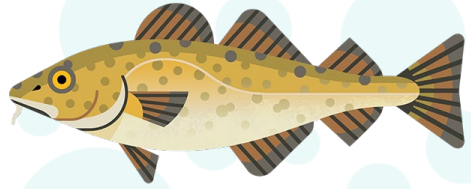
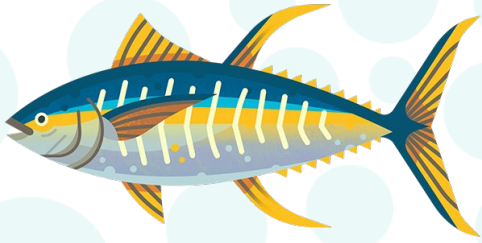
Start preparing for this by discussing alternatives to the Big 5 fish: cod, haddock, salmon, tuna and prawns. Create a table with the names of the most eaten seafood species in the left column. As a class or in groups, use the information sheets to find alternatives.

Big 5 species	Alternatives

Once pupils understand sustainable choices, you can move on to your Step 3 action project. You can carry out your project in the way that best suits your school setting, but we've created pupil workbooks with possible approaches to the tasks:

- [Workbook for a Fish Switch Challenge](#)
- [Workbook for holding a food tech challenge to create new lunchbox recipes](#)
- [Workbook for creating an advertising campaign for unpopular fish](#)

# Seafood examples

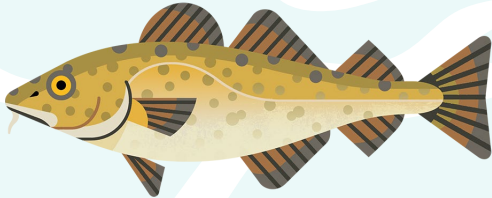


# From Fish to Food

Name: \_\_\_\_\_

Can you match the fish to the foods you buy in the shops?

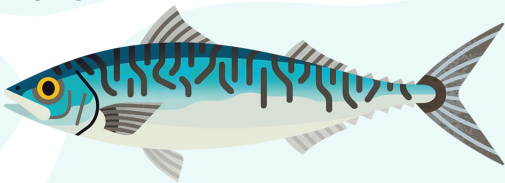
**Cod**



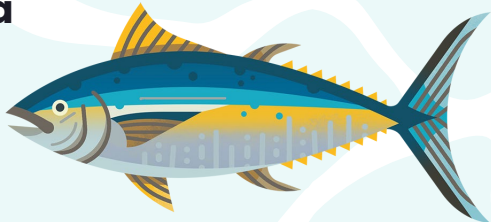
**Haddock**



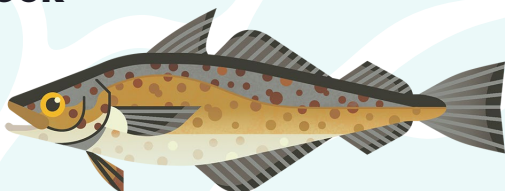
**Mackerel**



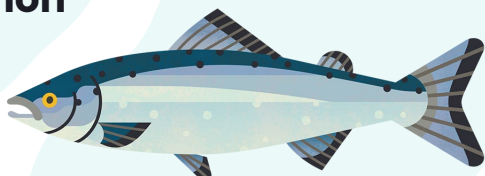
**Tuna**



**Pollock**



**Salmon**



**Fish fingers**



**Fish & chips**



**Canned fish**



**Fish cakes**



Next time why not have pollock instead of cod fish fingers?





# 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



## 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



## 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



## Plaice

English Channel (east) & North Sea  
Demersal otter trawl

Map supplied by freevectormaps.com

### Best Choice

### UK farmed seafood



## Mussels

Suspended Rope Culture / Bottom Culture



## King & Queen scallops

Suspended Rope Culture / Bottom Culture



## Rainbow trout

Freshwater ponds



## Atlantic halibut

Onshore open-circuit system

# 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?

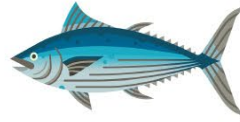
UK stocks are doing very badly, but stocks in Iceland are healthy and are currently at sustainable levels.



European hake

## Swap it for...

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



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.



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

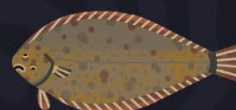
Also closely related to salmon, and therefore a great alternative. Look for rainbow trout farmed in freshwater ponds in the UK for the best options.

## 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.