

Activity: Menu survey

In this activity, pupils look at the seafood most commonly used in dishes on menus from local cafes, pubs, restaurants and takeaways. They start to think about the environmental impacts of the food we eat.

You will need:

- [Seafood examples](#)
- [From fish to food activity](#)
- [Menu survey tally sheets](#)
- Selection of menus from cafes, pubs, restaurants, takeaways (or their websites)



93% of the world's fish stocks are overfished

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's cooking?

1. Divide pupils into groups and give each group a [menu survey sheet](#) with a selection of menus from local cafes, pubs, restaurants and takeaways, or a selection of websites.
2. Ask them to record the seafood listed on the menus on the survey sheets.

Activity: Menu survey

What are people eating?

1. 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 most frequently found on the menus. 80% of the seafood we eat in the UK is made up of 5 species: salmon, cod, haddock, prawn and tuna. How do the survey results compare with the rest of the UK?
2. 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: Menu survey

Preparing for Step 3

In Step 3 you will take action to stop overfishing. One way you could do this is to contact local cafes, pubs, restaurants and takeaways to persuade them to use a wider range of sustainable seafood.

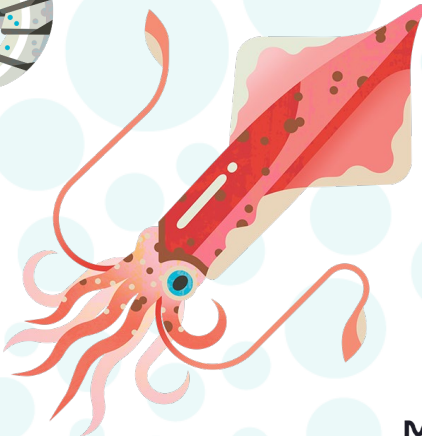
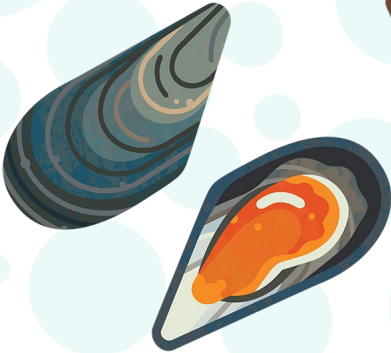
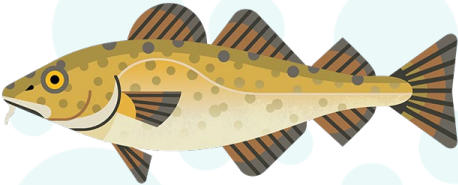
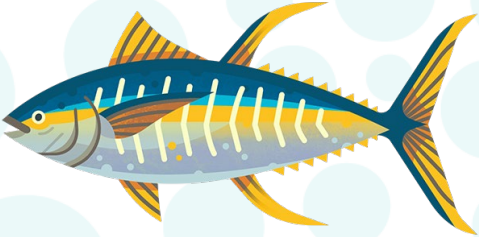
If you decide to do this, start preparing by discussing alternatives to the Big 5 fish: cod, haddock, salmon, tuna and prawns. Create a table with the names of the most eaten seafood in the left column and, as a class or in groups, use the information sheets to look for alternatives.

Big 5 species	Alternatives

Once pupils have explored and understand more sustainable choices, they'll be ready to start work on persuading local cafes, pubs, restaurants and takeaways to make different seafood choices.

You can carry out your project in the way that best suits your school setting – we've created a [pupil workbook](#) that shows one possible approach to this task.

Seafood examples

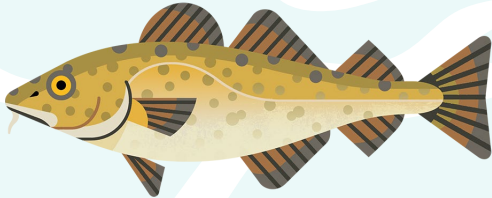


From Fish to Food

Name: _____

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

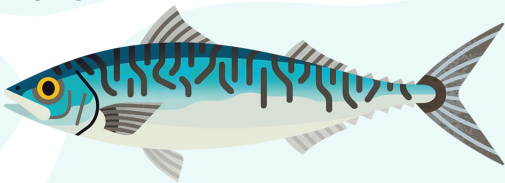
Cod



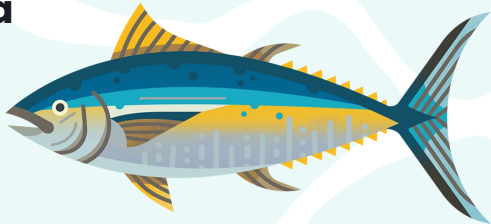
Haddock



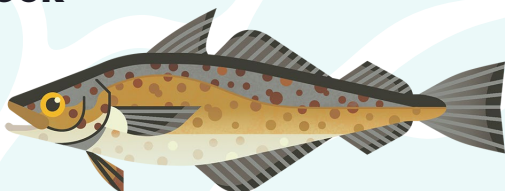
Mackerel



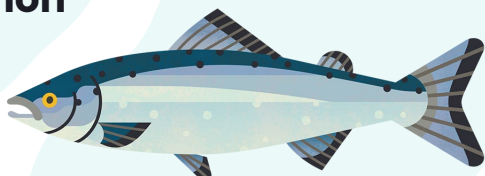
Tuna



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



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

Ratings correct as of October 2021

For further detail, visit our website: GoodFishGuide.org

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



Cod

Is it sustainable?

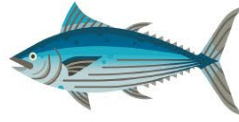
UK stocks are doing very badly, but stocks in Iceland are healthy and are currently at sustainable levels.



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.