

Fish & Seafood





Learning Intentions

- To learn what groups certain types of fish belong to.
- To learn about local & sustainable seafood.
- To learn how fish can be packaged for sale and how it should be stored.
- To become familiar with the dietary goals related to fish.

Fish



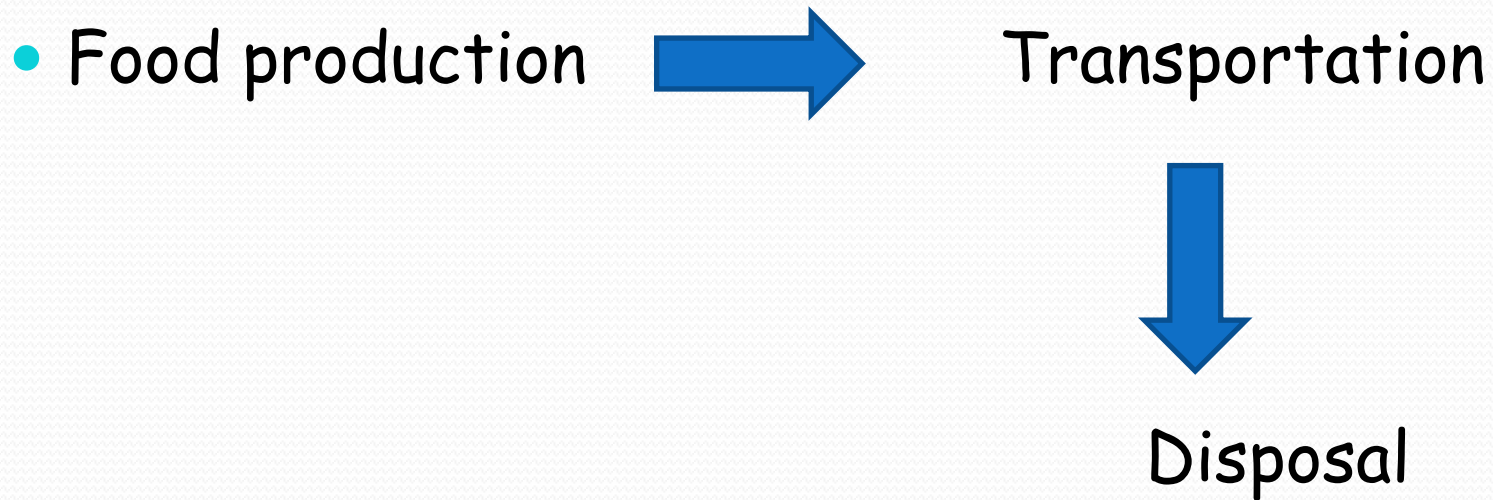
- Variety of fish and shellfish caught in Scottish seas.
- Haddock, Cod, Mackerel, lobster & scallops species caught daily.
- Mussels, Oysters & Salmon farmed in sheltered sea lochs on the West Coast and Islands.

Sustainability

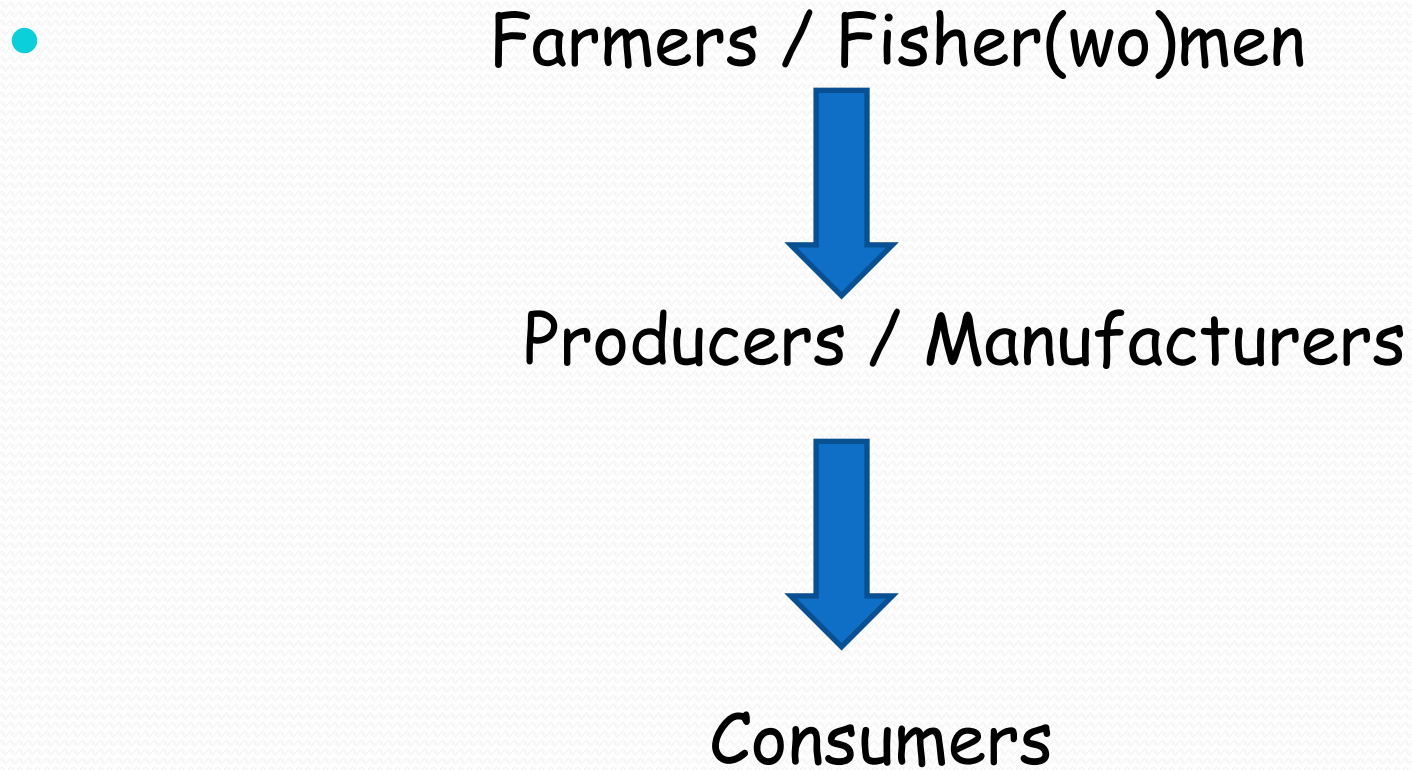


- Earth's population is increasing, pressure on energy, water and food resources.
- **Sustainability** - Idea of making resources last longer to have less impact on the environment.

Sustainability



Sustainability



Food Miles



- How far from farm to fork?
- The further to travel the greater the pollution.

Sustainable Seafood



- Overfishing continues to be a major global challenge which threatens ocean wildlife, livelihoods and seafood for future generations.
- According to a UN report, globally a third of fisheries (34.2%) are operating at unsustainable levels, with this trend continuing to worsen.
- Consumers can play their part in addressing this global challenge by choosing seafood with the blue ecolabel. Small actions can make a big difference in helping to end overfishing and protecting our oceans.

Marine Stewardship Council



Provenance



- What is the traceability of that product, where does it come from, where was that fish caught, off which part of Scotland in which sea or river?
- That food has been reared/grown and fish caught sustainably, that the treatment of that produce has been ethical and responsible so that food sourcing is sustainable for future generations.

Fish Groups



- **White Fish** - Haddock, Cod, Plaice.
www.seafoodfromscotland.org/scottish-whitefish/
- **Oily Fish** - Herring, Mackerel.
www.seafoodfromscotland.org/scottish-oil-rich-fish/
- **Scottish Salmon** (Farmed).
www.seafoodfromscotland.org/scottish-salmon/
- **Shellfish** - Lobster, Crab, Langoustine, Mussels.
www.seafoodfromscotland.org/scottish-shellfish/

Differences

- White fish (saltwater,) oil found in the liver.
- Oil in oily fish found in their flesh which makes them more nutritious.



Fish Dietary Goal

- Eat one portion of [oily fish](#) per week (approx 140g).
- Source of Omega 3 Fatty Acids (good fats) which cannot be made by the body.
- Omega 3 linked with brain development in unborn babies and children, joint function, healthy skin & eyes.
- Better mental health, prevents cancer & heart disease.

Fish and Pregnancy



- Women have to avoid some fish when pregnant - shark, swordfish.
- Tuna can contain more mercury than other types, can affect nervous system development.
- Ensure shellfish cooked thoroughly.
- 2 portions per week of fish recommended especially oily.
- Need for Omega 3 for baby's brain development.

Packaging of Fish



- **Fresh** - Fishmonger / Supermarket.
- **Canned** - Tuna
- **Smoked** - Haddock (preserves & flavours fish).
- **Pickled** - Herring (preserved in vinegar, acidic).
- **Vacuum-packed** - Mussels
- **Frozen** - prawns, processed fish fingers.
- **Dried** - Dried salted cold long shelf life.



Storage of Fish

- Very perishable (goes off quickly).
- Best cooked on day it is bought.
- Rinse in cold water, dry it, wrap in foil in fridge.
- Smell can be absorbed store away from milk.
- Use within 24 hours.
- Fresh fish can be frozen.

Healthy Fish



- Coat fish in wholemeal breadcrumbs not batter.
- Add no fat - poach, grill, bake.
- Accompany with a cheese, garlic, tomato sauce.
- Cooks quickly careful not to overcook as too dry.
- Use as a substitute in curries, pastas, pies.

Fishy Recipes



- Pita with Sustainable Tuna Mas Huni
https://youtu.be/PVqV_vv2qX0

- Haddock & Broccoli Bake
<https://youtu.be/91IIc3aXDbk>

Forms Task

- Click on the link below to complete this week's task via Forms and submit for marking, you can then click on the same link again in the next few days to receive your marks and feedback.
- https://forms.office.com/Pages/ResponsePage.aspx?id=af6sSGo3tUKfacnke7-5xDw_QEUKdKINjqjeJ3rlnUxUQkZKNk1INEVWVkJHMK5RWUNVOVdJRzhXSi4u

Success Criteria



- I will have an understanding of the different groups certain types of fish belong to.
- I will learn about the benefits of local & sustainable seafood.
- I will have gained some knowledge of how fish can be packaged and safely stored.
- I will have become familiar with the dietary goals related to fish.