

Nutrition Module

Activity Sheet

Activity 1

This is an activity for a display board that includes Omega 3 fatty acids for various species of seafood. Participants will be able to demonstrate their knowledge and learn about which fish have greater content of Omega 3 Fatty Acids. This activity can be used in the classroom or at an event such as a health fair.

Assembly of the display board:

You must provide your own board, preferably one that can utilize Velcro. On the following pages are the Title of the activity (pages 2-4) and Fish cards (pages 6-11). Please make sure to copy the fish cards on both sides (double sided) so the amount of Omega 3 fatty acids corresponds with seafood. There is also an information sheet about the benefits of Omega 3 fatty acids (page 5). If you are using a tri-fold board, this informational sheet could be used on one of the panels. To assemble the board, cut out the title pieces (it would be best to laminate these so they can be used multiple times) and attach these to the top of the display board. Copy the fish cards (double-sided so they match and again laminate), attach Velcro to the back (the side that lists the omega 3 fatty acids), and put these on the board. If you have room on your board, laminate and attach the Omega 3 Health Benefits informational sheet to the board.

How to do the activity:

The activity could take between 5-10 minutes for a participant(s) to complete. The instructor distributes the fish cards to a participant(s) and asks them to place the fish in ascending or descending order based on the amount of Omega 3 fatty acids that are in each fish without looking at the back. Once they have chosen an order and have attached them to the board, the cards can be turned over to see how they did. This is a great teaching moment for the instructor to ask questions about the seafood they consume.

It is recommended to include a sheet/handout on the list of species in this activity and their omega 3 fatty acid content for participants to take with them if they choose.

Omega-3

Fatty

Acid

Content

In

Seafood

**Shown in grams
per 4 ounces of
food**

***Information from
Florida Department of
Agriculture**

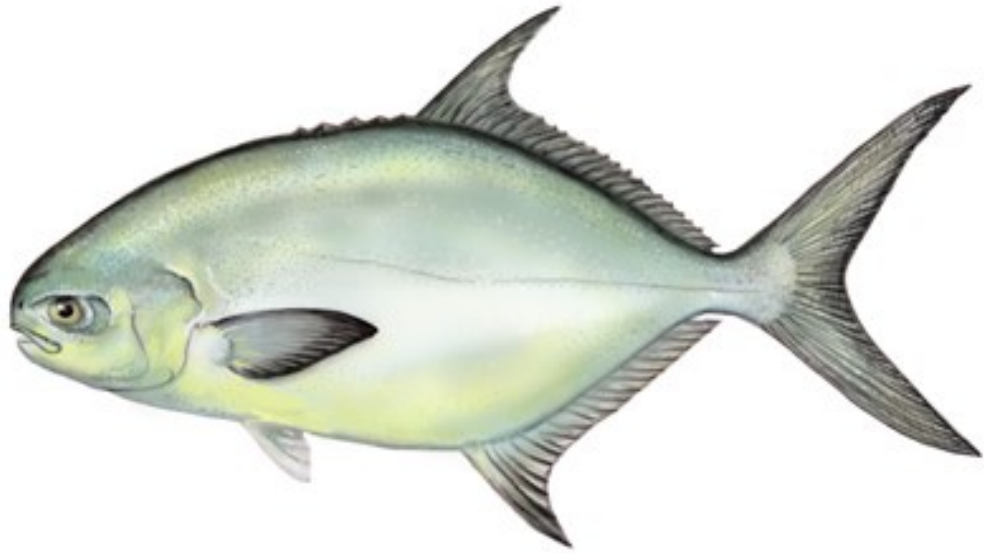
Omega 3 Fatty Acids

Protects Against

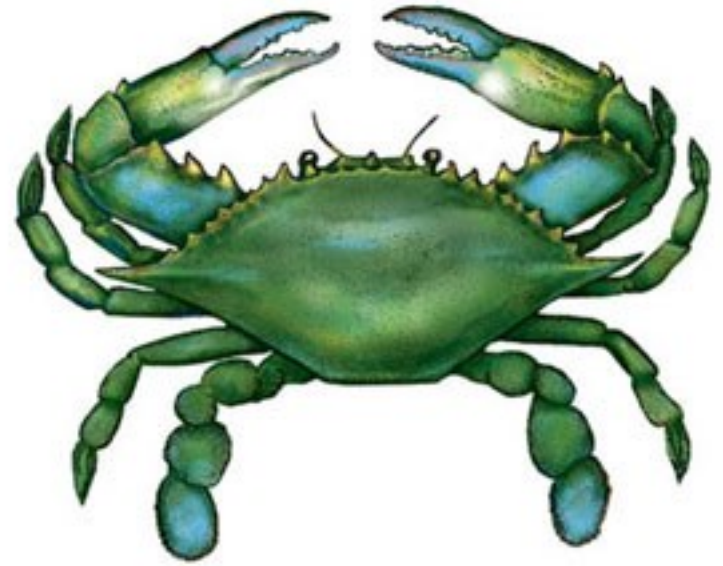
- Coronary Heart Disease
- Hypertension
- Cholesterol
- Triglycerides
- Arthritis (Inflammation)
- Stroke (Blood Clots)

Promotes

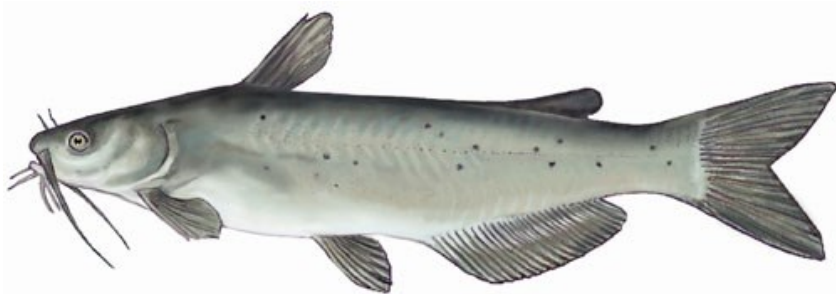
- Healthy Brain Development
- Brain Function
- Eye Development
- Cognition



Pompano



Blue Crab



Catfish



Clams

Pompano

.64 g

Blue Crab

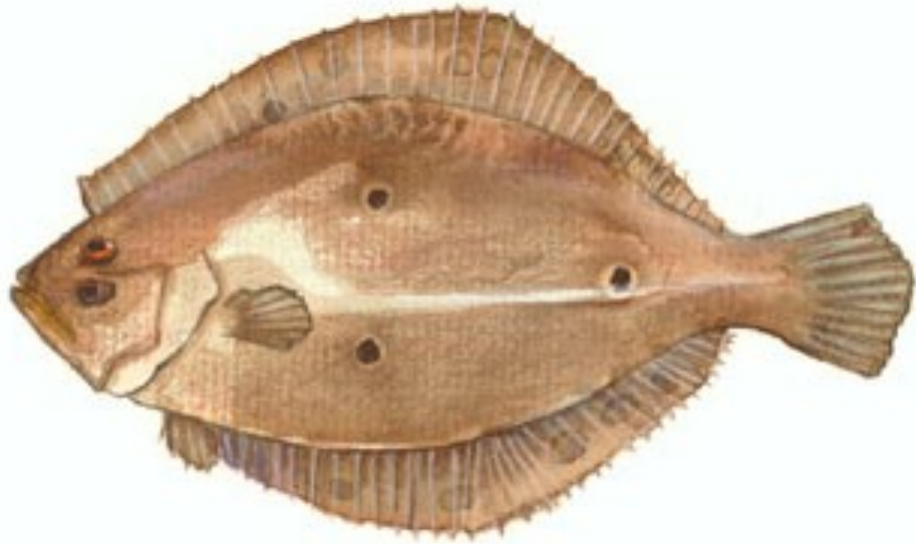
.32 g

Catfish

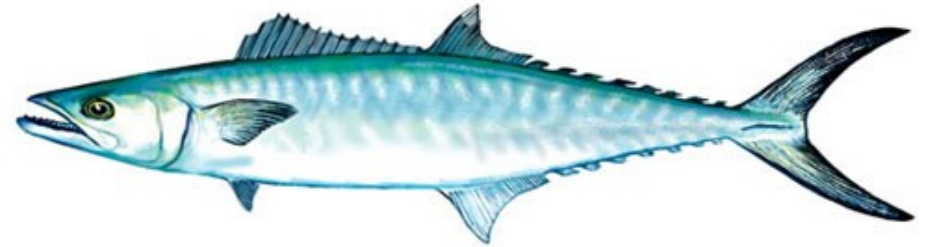
.37 g

Clams

.15 g



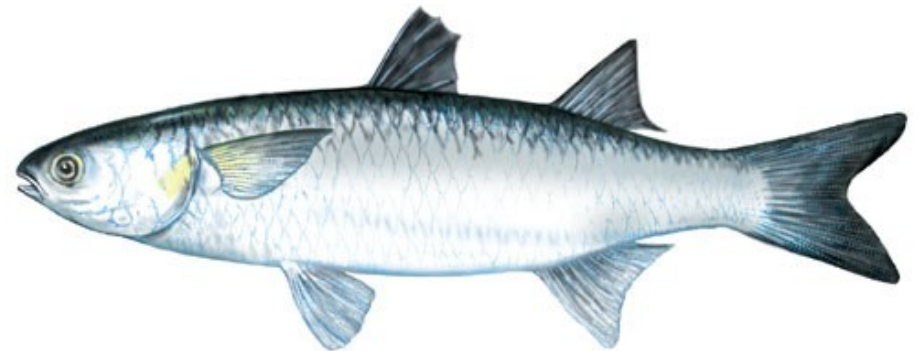
Flounder



**King
Mackerel**



**Spiny
Lobster**



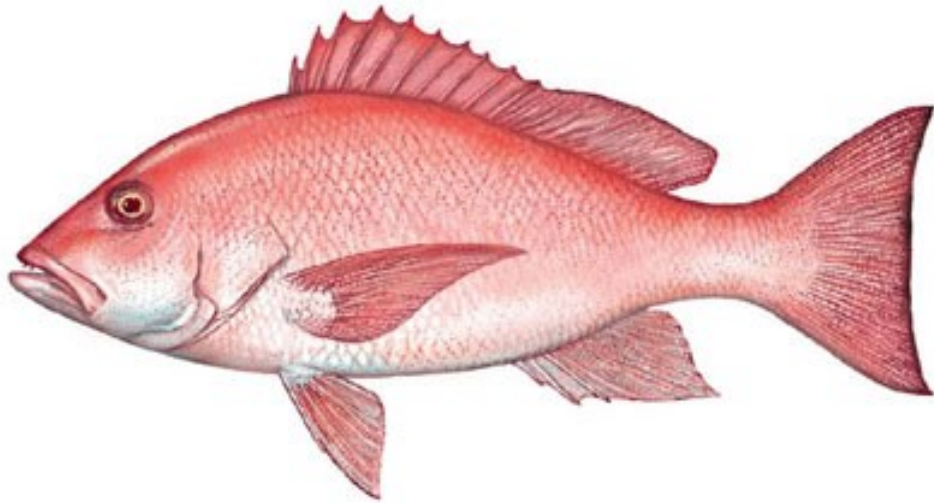
Mullet

Flounder
.21 g

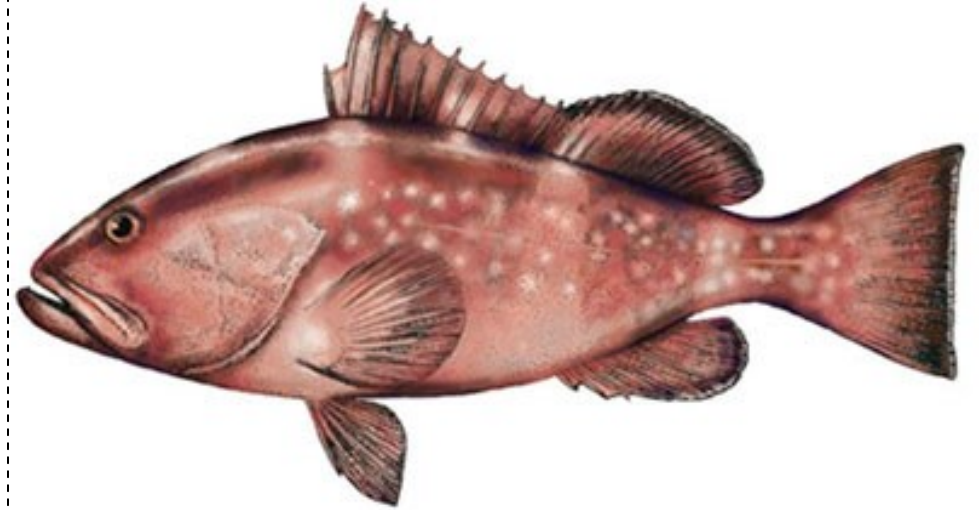
King
Mackerel
.3 g

Spiny
Lobster
.38 g

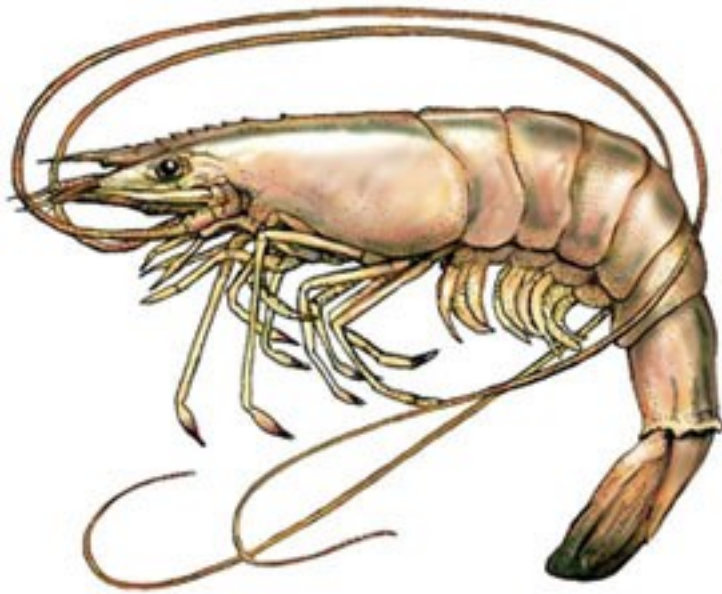
Mullet
.35 g



**Red
Snapper**



**Red
Grouper**



Shrimp

**Red
Snapper**
.32 g

**Red
Grouper**
.26 g

Shrimp
.49 g