

Seafood at Your Fingertips

MODULE: Making Healthy Choices

Objectives:

1. Participants will increase knowledge of the health benefits of eating seafood.
2. Participants will increase knowledge/understanding of how health benefits of seafood consumption fit within the Dietary Guidelines.
3. Participants will recognize that the health benefits of consuming seafood outweigh any risks.

Time: Lesson will take approximately 30 minutes.

Lesson Outline:

Present slides on Making Healthy Choices

Have displays available for students to demonstrate knowledge (either before or after slide presentation) as an individual or group activity. Two displays are included in this lesson: Health Benefits of Eating Seafood and Omega 3 Content of seafood.

Supporting Materials/Activities:

1. Health Benefits of Seafood
Instructions: This activity could be used on an interactive display board or as a group activity. Have participants place the health benefit in the category they believe it belongs: Benefit of Eating Seafood, Promising but Inconclusive Evidence or Not a Benefit of Eating Seafood.
2. Omega-3 Content of Seafood
Instructions: This activity could be used on an interactive display board or as a group activity. Participants would approach the board and “instructor” would hand them fish cards to see if they could put in order according to the amount of Omega 3 fatty acid in each fish without looking (either ascending or descending order). Once they have chosen an order and attached them to the board the cards can be turned over to see how they did. The instructor can use this to ask questions about the seafood they consume.

Evaluation: Pre and post evaluation questions are provided, as well as questions for a follow up.

Additional references:

Seafood at its Best, University of Idaho Extension.
<http://www.uidaho.edu/extension/twinfalls/seafoodatitsbest>

Florida Seafood-Department of Ag & Consumer Services <http://www.fl-seafood.com>