

# Seafood Preparation Module

## Activity Sheet

### Activity 1

This is a seafood tasting activity. Participants will be exposed to a variety of different types of fish (seeing them raw, tasting) and discover which types they prefer. The goal is to have students taste the FISH, and not the seasoning or coating that may be commonly used.

### Instructor Preparation

#### Items Needed:

Seafood Tasting Handout (page 2 of this document)

Baking Pans

Disposable Plates

Permanent Markers

Aluminum Foil or Parchment Paper

Purchase 3-6 different varieties of fish. Try to select fish with a range of flavors (lean, white... dark, oily)

Optional: Lemon wedges or a seafood sauce (see activity #2) to taste

At the beginning of class, show the raw versions of fish to the participants. See if the class can identify any of them raw. Place fish on baking pan lined with aluminum foil or parchment paper. Be sure to label which fish is located where on the baking pan. Try to place similar thicknesses of fish on the same pan. Bake fish, according to thickness. Approximately 10 minutes per inch of thickness at 350 degrees. Do not use any seasoning or coating on the fish.

### Class instructions

Give each participant a disposable plate. Show the class a LISTING of fish they will be tasting or you may choose to have the Seafood Tasting handout prepared with the fish already listed. Have them write the names of the fish on the plate. Serve a sample of each type of fish to participants. Participants will taste the fish and complete the Seafood Tasting handout.

For discussion: Which fish did you like best? What fish did you like the least? What did you like/dislike about \_\_\_\_\_ fish? Which fish would you be most likely to purchase/eat again?

# Seafood Tasting

[illegible]