

Seafood at Your Fingertips

MODULE: Cooking and Preparing Seafood

Objectives:

1. Participants will gain a basic understanding of techniques for safely preparing seafood.
2. Participants will learn to select, store and cook seafood.
3. Participants will increase their seafood consumption as well as the varieties of seafood.

Time: Lesson will take 20-30 minutes using power point

Activities will take 20-50 minutes, depending on recipes and activities used.

Lesson Outline:

Present slides on Cooking and Preparing Seafood

Seafood Tasting Activity- this will take preparation.

Supporting Materials/Activities:

Food Demonstrations- the links below provide background information on how to deliver a food demonstration.

<http://lake.ifas.ufl.edu/4-H/Forms%20in%20PDF/Forms%20Lake%20Events/Cnty%20Events/cnty%20events%20food%20demo%20hints.pdf>

<http://my.extension.uiuc.edu/documents/257081402080208/me0385.pdf>

Seafood Tasting Activity handout

Recipes—Florida Dept. of Ag & Consumer Services <http://www.fl-seafood.com/recipes/>

Creamy seafood sauce

What type fish is available in Florida? <http://www.fl-seafood.com/availability.htm>

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>

<http://howmuchfish.com/>

<http://www.deseagrant.org/outreach/seafood-technology-faq-how-much-seafood-should-i-buy>

http://www.seafood.nmfs.noaa.gov/Purchasing_Seafood.html