

Seafood in Schools

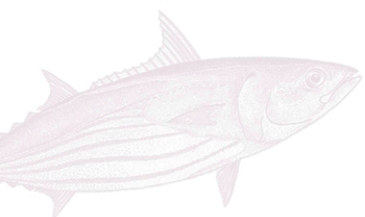


A Nutrition Education Program
to promote a...



HEALTHY HEART

Teacher's Program Guide



Seafood in Schools



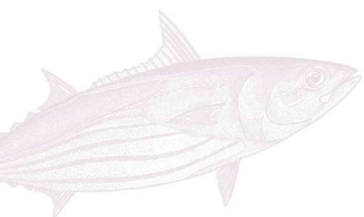
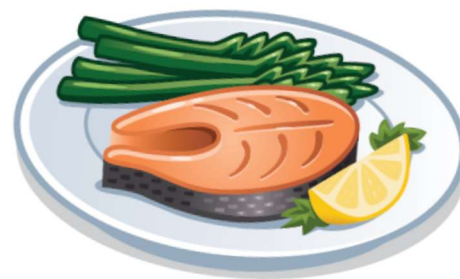
The Seafood in Schools program is brought to you by Seafood Nutrition Partnership, an independent non-profit whose mission is to inspire a healthier America through partnerships that raise awareness about the essential nutritional benefits of eating seafood. With heart disease and obesity greatly effecting children across America, we believe that health and nutrition education is important starting at an early age. Seafood in Schools helps to provide the knowledge and skills to choose heart healthy behaviors in efforts to reduce health risks associated with chronic disease.

The Seafood in Schools supplemental curriculum is comprised of five lessons for students in Grades 3-8. The lessons were created to help teachers incorporate health and nutrition education into Math, Science, and Language Arts. To promote skills-building, it is recommended that the lessons are delivered sequentially. However, each lesson delivers useful information and can be delivered as a single one-off course.

In this Teacher's Program Guide, you will find an overview for each of the five lessons to guide you in delivering the information within your classroom. The lessons include built-in activities and homework assignments to strengthen the students' knowledge and skills for each topic. We encourage you to use the optional homework assignments, as they will provide your students with further practice and real-world experience. Be sure to let the parents know about this new program so they can reinforce the new skills at home. We have also prepared a *Healthy Plate at Home* brochure that you can provide to parents as well.

Seafood in Schools Lesson Plans:

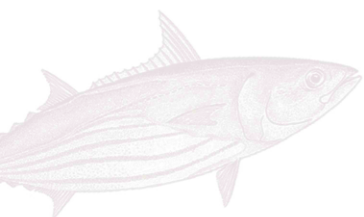
- ❖ **Love Your Heart**
- ❖ **Healthy Eating**
- ❖ **Portions Matter**
- ❖ **Seafood Nutrition**
- ❖ **Basic Culinary Techniques**



Seafood in Schools



Lesson 1: Overview	
Title	Love Your Heart
Learning Objectives	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Identify key terms associated with the human body and nutrition. • Understand heart disease and the associated risk factors. • Recognize preventative measures that can be taken to reduce risks of chronic disease.
Suggested Timing	<p>Total Time: 30 minutes</p> <ul style="list-style-type: none"> • Presentation: 30 minutes
Materials & Prep	<p>Suggestions:</p> <ul style="list-style-type: none"> • Computer for PowerPoint Presentation • Projector to display the presentation • Printed resources <ul style="list-style-type: none"> ○ Alternative: supply students with links to complete assignments online <p><i>Alternative:</i> Print lesson in booklet form for each student.</p>
<p>Resources</p> <p>Note: All handouts are included at the end of the program guide or you may access them via the provided link.</p>	<p>Homework Assignments:</p> <ol style="list-style-type: none"> 1) Internet Scavenger Hunt Worksheet 2) Your Heart Worksheet <p>Supporting Resources:</p> <ul style="list-style-type: none"> • About the Heart Handout • How Your Heart Works Handout



Seafood in Schools



Lesson 2: Overview	
Title	Healthy Eating
Learning Objectives	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Identify and define key nutrients. • Understand MyPlate and describe the health and nutritional benefits of the five food groups. • Choose healthy food options from each food group to meet daily nutrient and caloric needs.
Suggested Timing	<p>Total Time: 35 minutes</p> <ul style="list-style-type: none"> • Presentation: 20 minutes • Activities: 15 minutes <ul style="list-style-type: none"> ○ Word Puzzle: 5 minutes ○ Whole Grains: 5 minutes ○ Crossword Puzzle: 5 minutes
Materials & Prep	<p>Suggestions:</p> <ul style="list-style-type: none"> • Computer and PowerPoint Presentation • Projector to display the presentation • Printed resources <p><i>Alternative:</i> Print lesson in booklet form for each student.</p>
<p>Resources</p> <p>Note: All handouts are included at the end of the program guide or you may access them via the provided link.</p>	<p>Lesson Activities:</p> <ol style="list-style-type: none"> 1) Fruit & Vegetable Word Puzzle - Answer Key 2) Whole Grains Lesson 3) MyPlate Crossword Puzzle - Answer Key <p>Homework Assignments:</p> <ol style="list-style-type: none"> 1) 5-Day Menu Planner (Attached) 2) MyPlate Checklist Calculator (Website)



Seafood in Schools



Lesson 3: Overview

Lesson 3: Overview	
Title	Portions Matter
Learning Objectives	<i>Students will be able to:</i> <ul style="list-style-type: none">• Understand the importance of portion sizes as it relates to total caloric intake and weight gain.• Identify daily serving size recommendations from the five food groups.• Recognize the categories on the Nutrition Facts label and use the label to make healthy food choices.
Suggested Timing	Total Time: 35 minutes <ul style="list-style-type: none">• Opening Video: 5 minutes• Presentation: 20 minutes• Lesson Activity: 10 minutes
Materials & Prep	Suggestions: <ul style="list-style-type: none">• Computer for PowerPoint presentation• Audio capabilities• Projector to display the presentation• Printed resources <p><i>Alternative:</i> Print lesson in booklet form for each student.</p>
Resources Note: All handouts are included at the end of the program guide or you may access them via the provided link.	Opening Video: MyPlate, MyWins: What's Your Healthy Eating Style? Lesson Activity: 1) Nutrition Facts Label Worksheet (Attached) Homework Assignments: 1) Daily Food Group Targets Worksheet (Attached) 2) Nutrition Facts Scavenger Hunt Worksheet (Attached)



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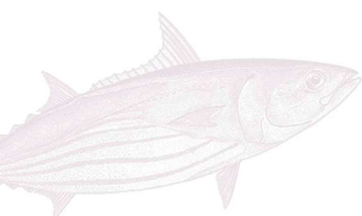
Lesson 4: Overview	
Title	Seafood Nutrition
Learning Objectives	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Understand the health and nutritional benefits associated with eating seafood. • Identify the top 10 seafood consumed in the U.S. • Recognize a variety of seafood that is available for consumption.
Suggested Timing	<p>Total Time: 35 minutes</p> <ul style="list-style-type: none"> • Presentation: 15 minutes • Lesson Activities: 20 minutes <ul style="list-style-type: none"> ○ Top Consumed Seafood: 10 minutes ○ MyPlate Exercise: 10 minutes
Materials & Prep	<p>Suggestions:</p> <ul style="list-style-type: none"> • Computer for PowerPoint presentation • Projector to display the presentation • Printed resources <p><i>Alternative:</i> Print lesson in booklet form for each student.</p>
Resources	<p>Lesson Activities:</p> <ol style="list-style-type: none"> 1) Top Consumed Seafood Worksheet (Attached) Answer Key (Attached) 2) Seafood Exercise with MyPlate (Attached) <p>Homework Assignments:</p> <ol style="list-style-type: none"> 1) Fish Discovery Worksheet (Attached) 2) MyPlate Menu Worksheet



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Lesson 5: Overview	
Title	Basic Culinary Techniques
Learning Objectives	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Understand basic culinary terms and measurements. • Apply food safety best practices. • Demonstrate basic culinary skills.
Suggested Timing	<p>Total Time: 65 minutes</p> <ul style="list-style-type: none"> • Presentation: 30 minutes • Lesson Activities: 35 minutes <ul style="list-style-type: none"> ○ Videos: 5 minutes ○ Cooking Demonstration: 30 minutes
Materials & Prep	<p>Suggestions:</p> <ul style="list-style-type: none"> • Computer for PowerPoint presentation • Audio capabilities • Projector to display the presentation • Printed resources • Recipe ingredients and required utensils (refer to recipe and checklist provided) • Designated prep table <p><i>Alternative:</i> Print lesson in booklet form for each student.</p>
<p>Resources</p> <p>Note: All handouts are included at the end of the program guide or you may access them via the provided link.</p>	<p>Lesson Activities:</p> <p>Video: Kale Tuna Salad</p> <p>Video: Smoked Salmon Pinwheel</p> <p>Recipe: Kale Tuna Salad (Attached)</p> <p>Recipe: Smoked Salmon Pinwheel (Attached)</p> <p>Recipe Scorecard (Attached)</p> <p>Certificate of Completion (Attached)</p> <p>General Resource:</p> <p>Basics at a Glance Poster</p>

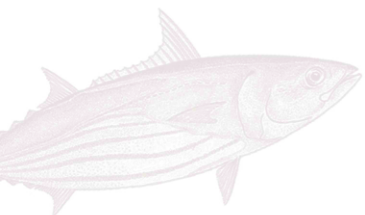


Seafood in Schools



Resources

Lesson 1: Love Your Heart



Internet Scavenger Hunt

Name _____

Class _____ Date _____

Use the Internet to complete each task below. List the search terms you used to find your answers, and provide the URL of each web site you used.

Task 1: Name 5 ingredients that can be found in most cigarettes.

Search Terms:

URL:

Response:

Task 2: Define "cholesterol"

Search Terms:

URL:

Response:

Task 3: How many chambers are in the heart?

Search Terms:

URL:

Response:

Task 4: Where can you find the symptoms of a heart attack?

Search Terms:

URL:

Response:

Task 5: Who was the first person to receive a heart transplant?

Search Terms:

URL:

Response:

Task 6: What are some of the causes of high blood pressure (hypertension)?

Search Terms:

URL:

Response:

Task 7: How many times per day does the heart beat?

Search Terms:

URL:

Response:

Task 8: Name and define the two different types of stroke.

Search Terms:

URL:

Response:

Task 9: In what year was the American Heart Association founded?

Search Terms:

URL:

Response:

Task 10: What is the difference between “saturated” and “unsaturated” fat?

Search Terms:

URL:

Response:

NAME _____

Your Heart Works for You

Complete each sentence with the correct word or words.



- 1 The heart consists of two _____.
- 2 The upper section of one side of the heart is called an _____.
- 3 The lower section of one side of the heart is called a _____.
- 4 The heart has a natural _____ that makes sure the heart is beating at the right speed.
- 5 An electrical signal causes the atria to _____.
- 6 Blood goes from the heart to the _____ to get oxygen.
- 7 The heart has _____ to keep blood flowing in only one direction.
- 8 Oxygen is sent throughout the body in blood _____.
- 9 The heart beats about _____ billion times during an average lifetime.
- 10 You can reduce some important risk factors for heart disease by
 - a. not _____,
 - b. eating foods low in saturated fats and _____,
 - c. watching your _____, and
 - d. getting plenty of _____.

About the Heart

Do you know what your heart does?

The heart is a powerful muscle that works like a pump. With each beat, it pushes bright red blood that carries oxygen and nutrients to the body's cells. After this blood has circulated through the body, it returns to the heart. When the blood returns, it is more bluish because it has given up its oxygen. When the heart pumps this blood to the lungs, it becomes red again and the whole process starts over.

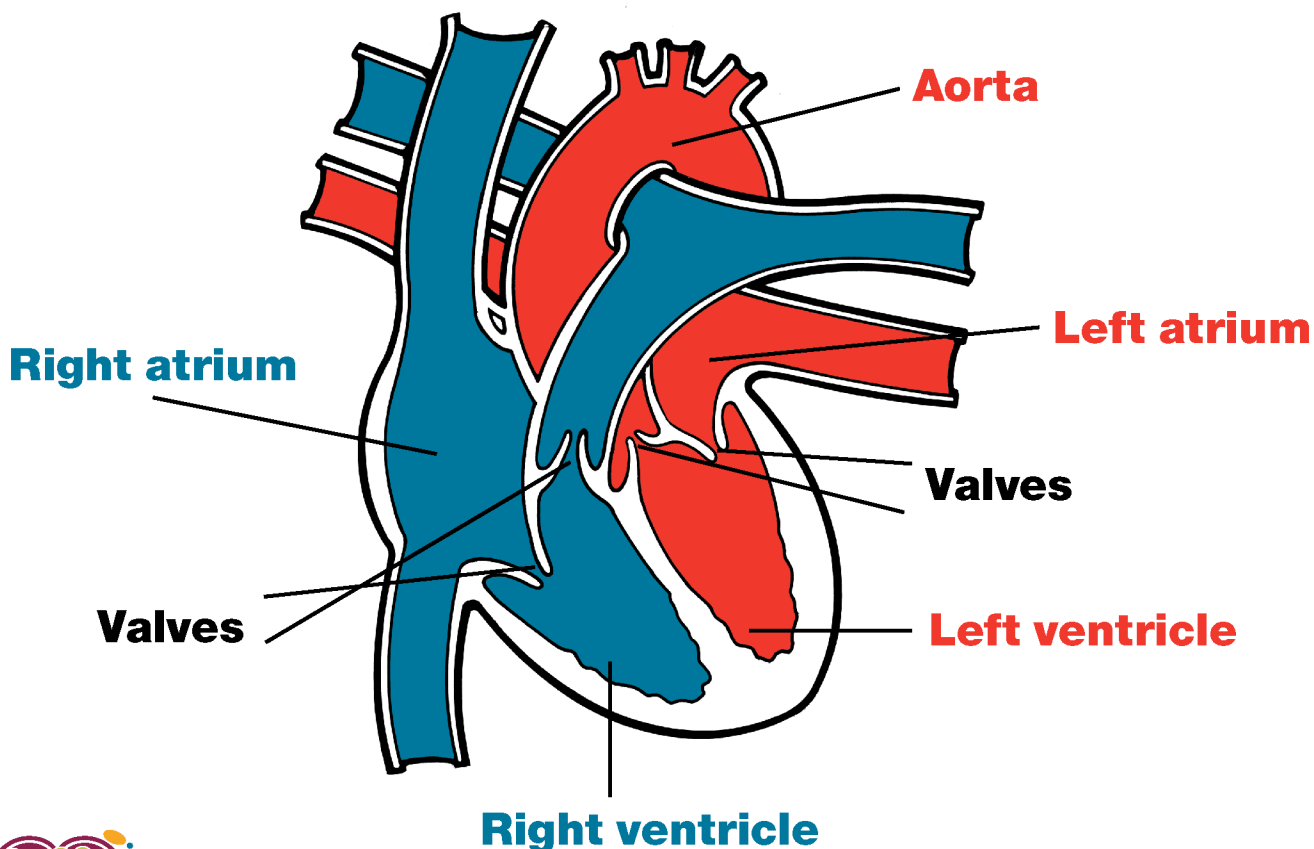
Do you know where your heart is?

A person's heart is about the size of their fist. When you pledge allegiance to the flag, you place your hand over

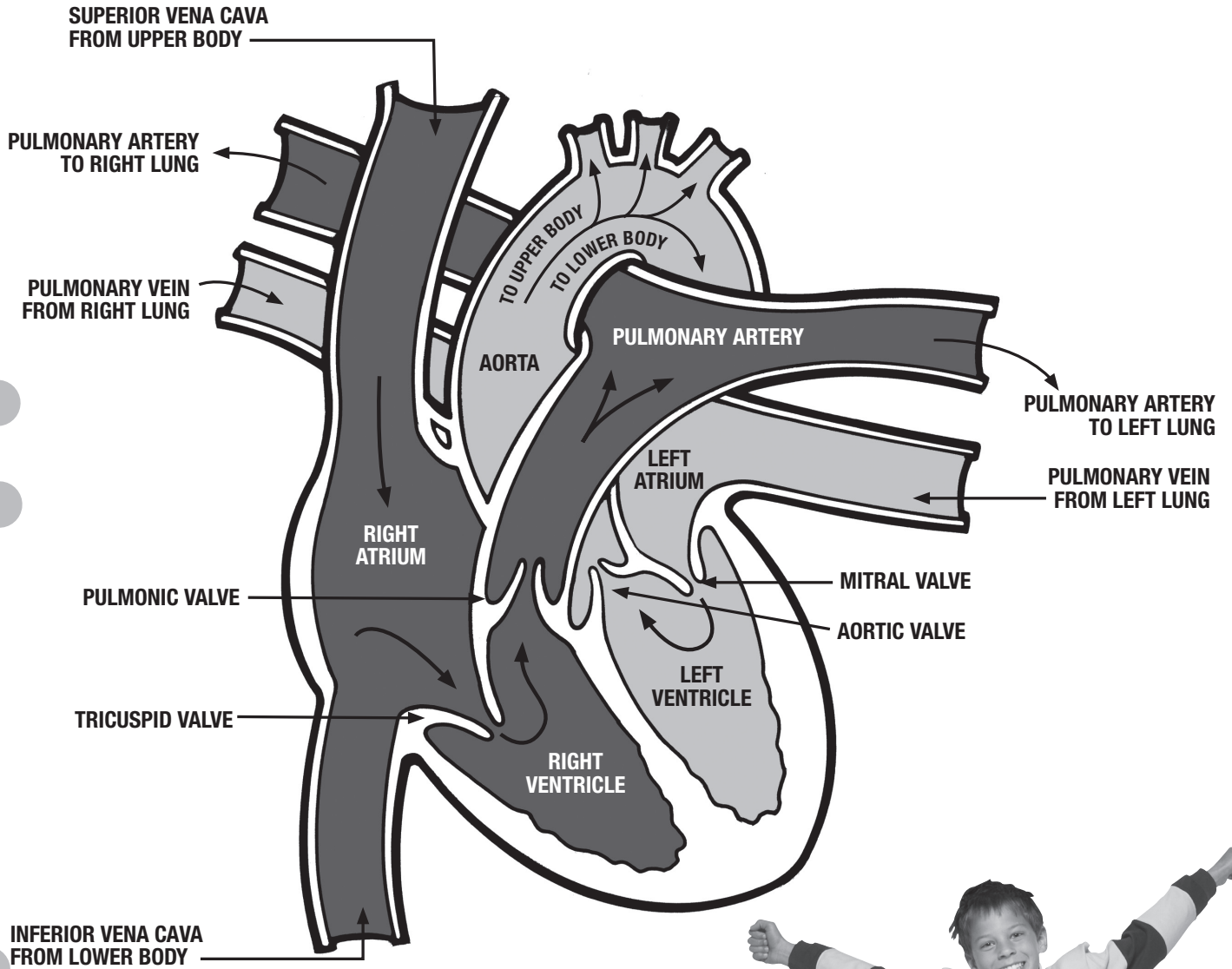
the left side of your chest. That is where most people think the heart is. Actually, the heart is in the middle of the chest. It fits snugly between your lungs.

Do you know how to keep your heart strong?

Because the heart is a muscle, it should be exercised to help keep it strong and healthy. To benefit your heart, you should be physically active for 30 minutes or more a day. Resting heart rate gives a good indication of cardiovascular fitness. A normal heart beats between 50 and 99 times per minute when you're resting. As you get in better shape, your resting heart rate will go down because your heart is more efficient.



Taking Care of YOU!



Lesson: How Your Heart Works

The walls of the heart are made of thick muscle. When they contract, the blood is pushed through tubes called **blood vessels**.

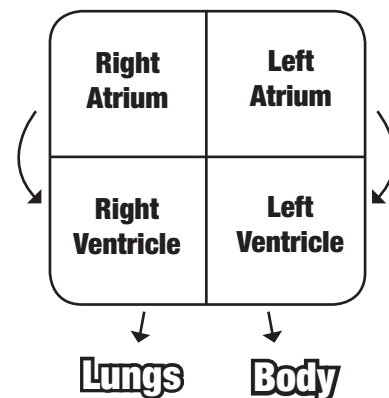
There are different types of **blood vessels**.

- **Arteries** are large, thick blood vessels that carry blood away from the heart. They are also the places where you can sometimes feel your pulse. The aorta is the largest artery.
- **Veins** are large blood vessels that carry blood back to the heart. Veins carry carbon dioxide, sit closer to the skin and have a bluish color.
- **Capillaries** are the smallest blood vessels. They carry blood to and from all the small places in the body. Capillaries feed into veins and veins feed into arteries.

You can think of the heart like two pumps side by side. The pump on the right side moves blood to your lungs, where waste gases such as carbon dioxide are removed and oxygen is added. Freshly oxygenated blood returns to the pump on the left side, which moves it out into the rest of your body.

Your heart is similar to a two-story house with four rooms: two rooms on the top floor and two rooms on the bottom floor. Each room is called a chamber. The right and left atrium are the upper chambers. The right and left ventricle are the lower chambers. Blood carrying carbon dioxide travels from the right atrium, to the right ventricle, then into the lungs where carbon dioxide is exchanged for oxygen. Blood carrying oxygen travels from the left atrium to the left ventricle and onward to the rest of the body.

The heart contains valves that control the blood flow direction. Think of them as doors between the rooms that open and close to let the blood flow in or to stop the blood flow.



This activity meets the following National Standards for Physical Education:

Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

Do You Know?

When you pledge allegiance to the flag, you may place your hand over the left side of your chest because that's where most people think the heart is. Actually the heart is in the middle of the chest between the lungs.



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Resources

Lesson 2: Healthy Eating



Have Fun With Fruits and Vegetables

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

B F S E A Y A P A P A P
 R C Q L S R P E A R
 O H U P B A N A N A
 C P A P Y R E L E C
 C S S A Y A M S T E
 O A H E G N A R O K
 L E C A R R O T S I
 I P G R A P E S K W
 B E G G P L A N T I



Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

Have Fun With Fruits and Vegetables

Find:

- Apple
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- Broccoli
- Carrots
- Celery
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- Orange
- Papaya
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B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	E	G	N	A	R	O
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



Fruit and Vegetable Goals

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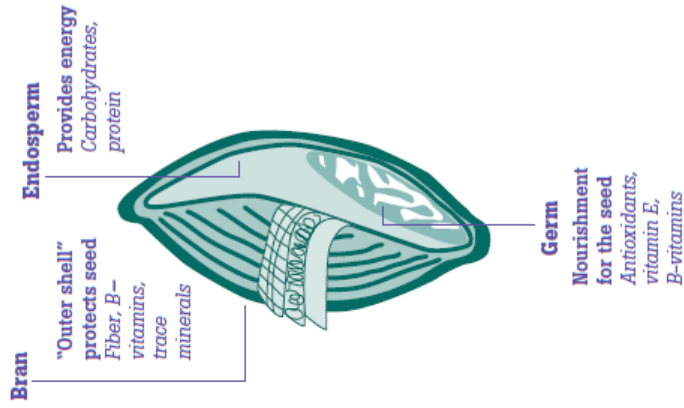
Name a vegetable you would like to try: _____

How will you eat this vegetable? (As a snack, with dip, or for lunch.) _____



















Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Whole grain kernel



Some Examples of Whole Grains:

- brown rice 
- buckwheat 
- bulgur (cracked wheat) 
- oatmeal 
- popcorn 
- whole-wheat cereal 
- muesli 
- whole-grain barley 
- whole-grain cornmeal 
- whole rye 
- whole-wheat bread 
- whole-wheat crackers 
- whole-wheat pasta 
- whole-wheat sandwich buns and rolls 
- whole-wheat tortillas 
- wild rice 
- whole cornmeal 
- shredded wheat cereal 

Whole Grain Tips— Check the ones you already do:

- Choose a whole grain, such as oatmeal, when you have hot cereal.
- Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- For a change, try brown rice or whole-wheat pasta.
- When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- Eat whole-grain crackers.
- Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.



Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.



MyPlate Crossword Puzzle

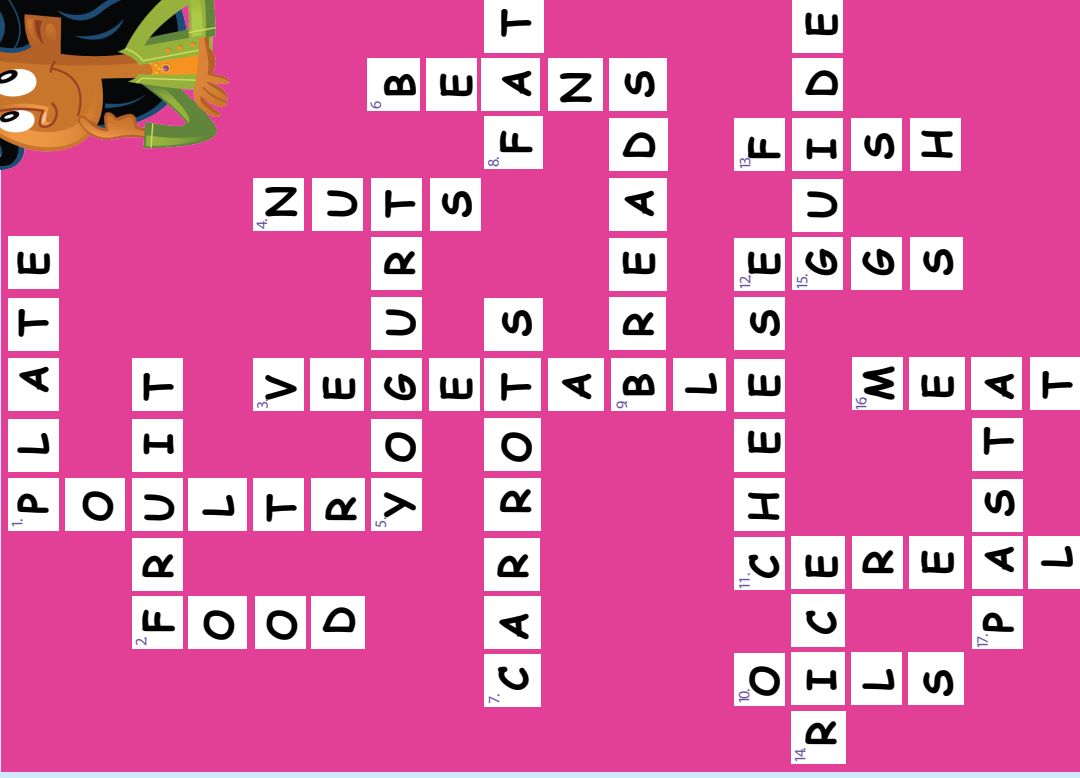
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- Lean _____ is an excellent source of protein, iron, and zinc.



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My 5-Day Dinner Menu Planner Name: _____ Date: _____

	Food Group	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
FRUITS	 ChooseMyPlate.gov					
VEGETABLES	 ChooseMyPlate.gov					
GRAINS	 ChooseMyPlate.gov					
PROTEIN	 ChooseMyPlate.gov					
DAIRY	 ChooseMyPlate.gov					



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Resources

Lesson 3: Portions Matter



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Activity!

Let's practice reading and comparing two labels.

Hot Dogs (8 ct. package)

Nutrition Facts	
Serving Size: 1 link (57g)	
Amount Per Serving	
Calories 170	Calories from Fat 130
% Daily Values*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Polyunsaturated Fat 0g	
Trans Fat 1g	
Cholesterol 34mg	11%
Sodium 530mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 8g	
Vitamin A 1%	Vitamin C -
Calcium -	Iron 4%

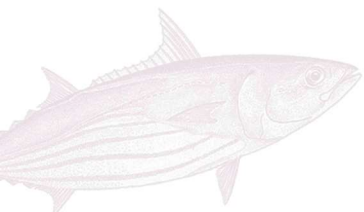
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chunk Light Tuna (5oz. can)

Nutrition Facts	
Serving Size: 1/4 cup (2oz)	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Potassium 100mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Refer to questions on the Nutrition Facts Label Worksheet



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Nutrition Facts Label Worksheet

Name: _____

Date: _____

STEP 1: THE SERVING SIZE

- What is the serving size for hot dogs and tuna?

Hot dogs _____ Tuna _____

STEP 2: CALORIES (AND CALORIES FROM FAT)

- How many calories per serving are in each item?

Hot dogs _____ Tuna _____

- How many calories from fat are available per serving of each item?

Hot dogs _____ Tuna _____

STEP 3 & 4: THE NUTRIENTS: HOW MUCH?

- How much sodium per serving are in each item?

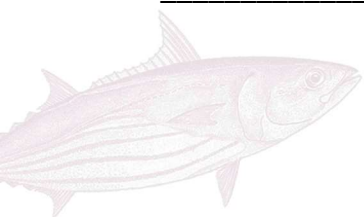
Hot dogs _____ Tuna _____

STEP 5: UNDERSTANDING THE FOOTNOTE ON THE BOTTOM OF THE NUTRITION FACTS LABEL

- All of the information on the Nutrition Facts Label is based on how many calories a day?

STEP 6: THE PERCENT DAILY VALUE (%DV)

- List 3 differences you see in the daily values of the hot dog label and tuna label.





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Daily Food Group Target Worksheet

Name: _____

Date: _____

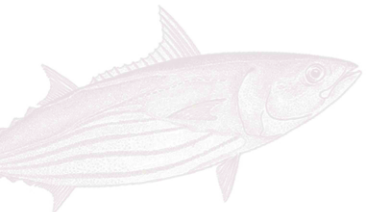
Use the food group charts from this lesson to determine your recommended daily food group targets.

- 1. How many cups of Fruits do you need in a day? _____ cups
- 2. How many cups of Vegetables do you need in a day? _____ cups
- 3. How many ounces of Grains do you need in a day? _____ ounces
- 4. How many ounces of Protein Foods do you need in a day? _____ ounces
- 5. How many cups of Dairy do you need in a day? _____ cups
- 6. Do you think you meet your daily food group targets on a typical day?

Check one:

- Yes
- No

If you answered no, which food group(s) could you improve on and how?



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Nutrition Facts Scavenger Hunt Worksheet

Name: _____ Date: _____

To answer the questions below you can use foods found in your kitchen, the school cafeteria, or at a local store.

1. Identify one food that is labeled a whole grain: _____
2. Identify one food that is considered low in fat (less than 5% total fat per serving):

3. Identify one food that is considered high in fat (20% or more total fat per serving):

4. Identify a food that is high in at least one of the key nutrients of calcium, iron, Vitamin A, or Vitamin C.

5. Identify a food that is a good source of fiber (3 grams of fiber per serving is considered good, and 5 or more grams per serving is excellent):

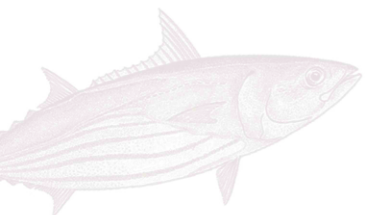


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Resources

Lesson 4: Seafood Nutrition















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Name: _____

Date: _____

Can you identify the Top 10 Seafood?

 _____	 _____	 _____	 _____	 _____
 _____	 _____	 _____	 _____	 _____













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Answer Key

Can you identify the Top 10 Seafood?

 tilapia	 crab	 cod	 clams	 pangasius
 pollock	 salmon	 shrimp	 tuna	 catfish





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On the blank MyPlate, mark the food groups you see in the seafood dish. Suggest items for the food group(s) that are missing.

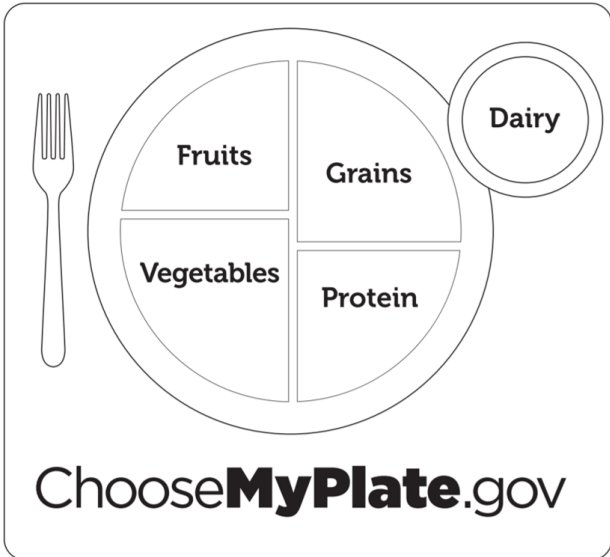


Salmon

Tomato

Pineapple

Brown Rice



Additional Menu Items/Notes:





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On the blank MyPlate, mark the food groups you see in the seafood dish. Suggest items for the food group(s) that are missing.



Cod fish fingers

Yogurt dip

Choose **MyPlate**.gov

Additional Menu Items/Notes:





Seafood in Schools

On the blank MyPlate, mark the food groups you see in the seafood dish. Suggest items for the food group(s) that are missing.



farogiovannini.com | flickr.com/stefplix2

- White fish
- Broccoli
- Tomato

Choose **MyPlate**.gov

Additional Menu Items/Notes:





Seafood in Schools

On the blank MyPlate, mark the food groups you see in the seafood dish. Suggest items for the food group(s) that are missing.



Canned Tuna

Kale

Tomato

Choose **MyPlate**.gov

Additional Menu Items/Notes:





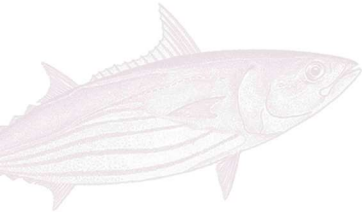
Seafood in Schools

Fish Discovery Worksheet

Name: _____ Date: _____

Research one fish and one shellfish that is not listed in the top 10 consumed in America. Provide the name of the seafood, place of origin, a brief description, and find at least one recipe including that particular seafood. Include your answers below.

Fish: _____	Shellfish: _____
Place of Origin: _____	Place of Origin: _____
Brief Description (Availability, Color, Taste, Texture): _____ _____ _____ _____	Brief Description (Availability, Color, Taste, Texture): _____ _____ _____ _____
Recipe Name & Source: _____ _____ _____	Recipe Name & Source: _____ _____ _____



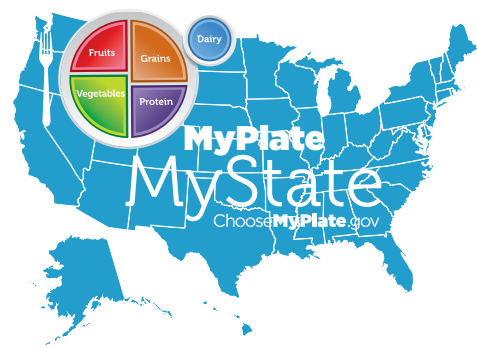


LIST YOUR MENU ITEMS USING THE TIPS BELOW:

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 TIPS FOR YOUR MENU:

- Try to include all five of the MyPlate food groups: Fruits, Vegetables, Grains, Protein Foods, and Dairy.
- Make half your plate fruits and vegetables.
- Include low-fat or fat-free milk or yogurt.
- Make half your grains whole grains.
- Limit sodium, saturated fat, and added sugars.

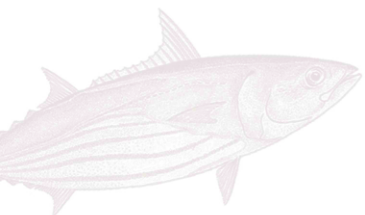


Seafood in Schools



Resources

Lesson 5: Basic Culinary Techniques



Seafood in Schools



Simply Satisfying Kale and Tuna Salad

Serves: 4

Prep Time: 10 minutes

Ingredients:

2 - 5oz. cans tuna

1 - Bunch kale or 1 bag of kale

2 oz. - Cherry tomatoes

1 - Lemon, raw

1/4 cup - Extra virgin olive oil

1/8 cup - Balsamic vinegar

Kosher salt (To taste)

Freshly ground pepper (To taste)



Directions:

1. Wash kale. Set aside to drain water off.
2. Cut tomatoes in half and lightly toss in bowl with balsamic vinegar, oil and pinch of salt and pepper. Set aside.
3. In a salad bowl, mix tuna and juice from the can gently with squeeze of 1/2 lemon and a pinch of pepper.
4. Massage kale for about 3 minutes to soften it.
5. Add the kale and 1/2 the tomatoes to the tuna, and gently toss until all is coated with dressing.
6. Add remaining tomatoes.
7. Squeeze remaining lemon all over and serve.



Seafood in Schools



Smoked Salmon Pinwheel

Serves: 5 pinwheels

Prep Time: 10 minutes

Ingredients:

2 2/3 oz. Smoked Salmon

1/3 cup Baby Spinach

3 oz. Goat Cheese Plain

1 tbsp. Minced Chives

1/3 tbsp. Minced Garlic

1 Flour tortilla

Salt and Pepper to taste



Directions:

1. Mix cheese, garlic and chives in a medium bowl; season with salt and pepper
2. Spread cheese mixture on the tortilla
3. Lay the spinach leaves flat in a single layer on half of the tortilla
4. Place thin slices of the smoked salmon on top of the spinach
5. Roll the pinwheel, starting with the salmon side
6. Cut and serve



Seafood in Schools

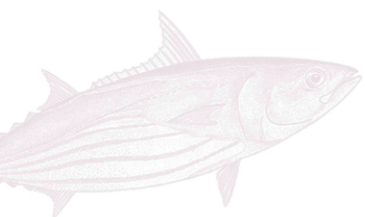


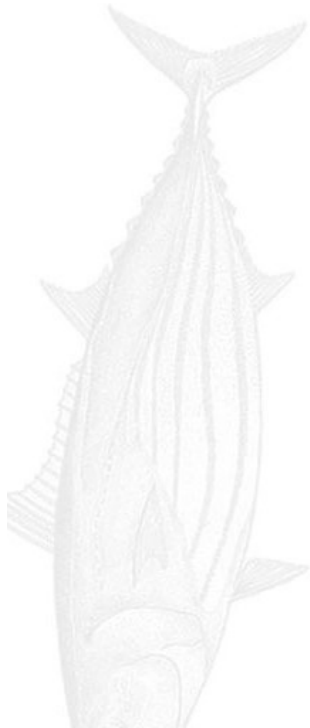
Recipe Scorecard

Recipe Name	Look	Smell	Taste
Kale Tuna Salad			
Smoked Salmon Pinwheel			

Sample Descriptive Words

brown	green	soft
crunchy	juicy	spongy
delicious	meaty	strong
flaky	mild	sweet
fresh	pink	white
firm	smooth	yummy





Eating HEART HEALTHY

CERTIFICATE OF EXCELLENCE

is hereby granted to:

_____ for outstanding participation in

SEAFOOD IN SCHOOLS

Presented on: _____

Date



Seafood in Schools



Seafood in Schools was developed by Seafood Nutrition Partnership. We hope that you and your students have fun using this supplemental curriculum to encourage healthy behaviors and improve health outcomes.

Additional Resources:

For additional resources, please visit the Seafood Nutrition Partnership website at www.seafoodnutrition.org. You will find seafood and heart health related handouts, recipes, cooking videos, coupons, and more.



Enjoy!

