Eating HEART HEALTHY

Seafood In Schools
Lesson Plan: Seafood Nutrition

SEAFOOD NUTRITION PARTNERSHIP

SEAFOODNUTRITION.ORG
Learning Outcomes

Following this lesson, students will be able to:

• 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.
Seafood

A Heart Healthy Protein
Seafood Recommendation

Choose seafood at least twice a week as the main protein food.

Choose seafood in place of meat, poultry or eggs.

Look for seafood rich in omega-3 fatty acids.

Try a variety of seafood.
Why is it important to eat seafood every week?

Seafood supplies the nutrients essential for strong bones, brain development, and healthy immune and cardiovascular systems.
Nutritional Benefits

Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA.

Additional nutritional benefits:

• A good source of lean protein
• Low in saturated fat
• Rich in vitamins and minerals
Seafood and Omega-3s

Seafood and Omega-3s Play an Important Role in a Healthier Tomorrow.

Omega-3s EPA/DHA are:

• Anti-inflammatory
• Beneficial to heart health
• Critical for brain development

Our eyes depend on Omega-3s for their sensory function.

Nearly half of our eye’s light detecting cell structure are made of Omega-3s.

A third of the brain’s key functional units are made up of Omega-3 fatty acids.
There are many different types of seafood

Can you name the two categories you see above?

Fish          Shellfish
Fish

Fish are cold-blooded, aquatic vertebrates, having gills, commonly fins, and typically an elongated body covered with scales.

**White fish** – freshwater fish that live on or near the seafloor. Referred to as white fish due to their dry and white flesh.
Examples: cod, haddock, pollock

**Oily (or fatty) fish** – are typically cold-water fish that are rich sources of omega-3 fatty acids. These fish serve great as part of a heart healthy diet.
Examples: salmon, tuna, sardines, mackerel, and trout
Shellfish

Shellfish are aquatic invertebrates having a shell, including various species of mollusks and crustaceans.

**Mollusks** - shellfish with soft bodies that are covered by at least one shell.
Examples: clams, mussels, oysters, scallops, squid (calamari)

**Crustaceans** - shellfish that have long bodies with jointed limbs covered with a shell.
Examples: crabs, crawfish (or crayfish), lobster, shrimp
Match the type of fish to each dish.

- White fish
- Oily/Fatty fish
- Shellfish
Buying and Preparing Seafood

- Seafood is available in most stores as canned, fresh, and frozen options.
- Seafood is not only healthy and delicious – it is also very quick and easy to prepare.
- Purchase seafood from retailers that have good quality and cleanliness.
Seafood Safety: Cooking

• Cook fish to an internal temperature of 145°F. When it’s done, the fish should flake easily with a fork.

• Properly cooked seafood should be moist and solid color throughout.
Seafood Safety: Storing

- Fish should be kept in the coldest part of the refrigerator below 40°F in its original packaging.
- Shellfish such as clams, oysters, and mussels should be stored in the refrigerator in open containers with clean, damp cloths placed over the shellfish.
- Live lobsters and crabs should be cooked the same day as purchased.
- Raw and cooked seafood should be stored separately.
Top Consumed Seafood in US

- Ten different types of fish and shellfish products represent about 90% of the seafood consumed in the U.S. and are low in mercury.

- Eat a variety of seafood to take in different levels of omega-3 fatty acids, vitamins and minerals.
Can you identify the Top 10 Seafood?

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[SEAEODNUTRITION.ORG](http://SEAEODNUTRITION.ORG)
### Answer Key

**Can you identify the Top 10 Seafood?**

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Pop Quiz!

True or False
Fresh, canned, and frozen are all seafood options to consider to reach 2 servings per week.

TRUE

True or False
Seafood (fish and shellfish) is a source of lean protein.

TRUE
Seafood & MyPlate

• You can easily add seafood to many of your favorite dishes that usually include chicken, beef, or pork.
• Seafood along with fruits, vegetables, whole grain, and low-fat or fat-free dairy are all part of a heart healthy diet.
• Consider some of your favorite dishes and think of ways in which you can make it a heart healthy meal.
Let’s take a look at some seafood menus!

Activity #2
On the blank MyPlate, mark the food groups you see in the seafood dish. Suggest items for the food group(s) that are missing.
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Cod fish fingers  Yogurt dip
On the blank MyPlate, mark the food groups you see in the seafood dish. Suggest items for the food group(s) that are missing.

White fish  Broccoli  Tomato
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
You Did It!

You’ve completed the Seafood Nutrition Lesson!
Optional Homework Assignments

- Find a Fish
- Create a Seafood Menu
Homework Assignment #1

Instructions:
1. Ask students to research one fish and one shellfish that is not listed in the top 10 consumed in America.
2. Students will provide the name of the seafood, place of origin, a brief description, and find at least one recipe including that particular seafood.
3. Students can document their responses on the handout provided.

Resource: Fishwatch.gov > Find a Fish > Select [Show All Profiles]
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Homework Assignment #2

Ask students to create a menu that includes seafood as the protein and healthy options from all other food groups.

– Include seafood (fish or shellfish) as the protein.
– Challenge students to select a locally grown fruit and vegetable.
– Choose a whole grain.
– Select low-fat or fat-free dairy.

Resource: MyPlate Menu Worksheet
We value your feedback!
Please take a moment to complete the online survey.

Below is a survey link for students and a separate link for the instructor.

Student Survey

Instructor Survey