



PART OF THE EU MISSIONS

RESTORE OUR OCEAN & WATERS

Learning Scenario



Learning Scenario 7 - 8



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or European Climate, Infrastructure and Environment Executive Agency (CINEA). Neither the European Union nor the granting authority can be held responsible for them.

The seafood market

This activity helps learners aged 7 to 8 to understand the basics of the journey of seafood from the sea to the plate, and to discover the diversity of seafood species available to eat.

Objectives:

- Learners understand the origin of seafood, how it arrives on their plate and different ways to prepare it.
- Learners identify different aquatic species and gain familiarity with marine biodiversity.
- Learners prepare and eat seafood under the supervision of an adult.

General Information

Age: 7 to 8 year old

Subjects: natural science, nutrition, biology, maths, arts, civic education

Keywords: seafood, fish, food, ocean, biodiversity, cooking, fishing

Who is this for? Teachers, science museum/center explainers

Other societal actors you can involve: chefs, fishers, fishmongers, fish or seafood farmers

Sustainability competences¹:

Embodying sustainability values	Embracing complexity in sustainability	Envisioning sustainable futures	Acting for sustainability
<ul style="list-style-type: none"> • Promoting nature 	<ul style="list-style-type: none"> • Systems thinking 	<ul style="list-style-type: none"> • Adaptability • Exploratory thinking 	<ul style="list-style-type: none"> • Collective action

¹ Bianchi, G., Pisiotis, U., Cabrera Giraldez, M. GreenComp – The European sustainability competence framework. Bacigalupo, M., Punie, Y. (editors), EUR 30955 EN, Publications Office of the European Union, Luxembourg, 2022; ISBN 978-92-76-46485-3, doi:10.2760/13286, JRC128040



Activity – The seafood market

Duration: 45min

Material:

- Tables and chairs
- A mat or portable pool
- Sea animals printed on thick paper (print as many as required depending on the recipes you selected)
- Small fishing nets or sieves
- 10 buckets
- 10 baskets or other containers
- 10 printed labels with species and prices
- A cashier's desk or box
- Tokens (or any item representing a currency). You can create tokens of different values, like real-life coins.
- Small wallets or boxes
- A3 sheets of paper (either cut in the shape of a plate or with a big empty plate printed on them)
- Printed recipes
- Printed food items
- Rounded scissors
- Glue
- Colour pens, pencils

Set up:

- Divide the space into three parts.
- In the first part, set up the pool or mat and add the sea animals. Place the buckets and as many fishing nets or sieves as children who will take the fisher role.
- In the second part, set up a long table with 10 baskets or containers. On each basket, place a label with the name of a seafood and a price. Use a box with some tokens to create a cashier's desk.
- In the third part, create an art station with tables, chairs, sheets of paper representing plates, glue, rounded tip scissors, colour pens, pencils. Print and cut out food items to complete the seafood recipes (e.g. lemon, pasta, rice...).
- For each child who will take the chef role, print a recipe and prepare a small wallet or box with a few tokens.

Introduction:

"Today, we are going to create a fish market together. Each of you will play an important role: you can be a fisher, a fishmonger or a chef. We will work together to cook delicious, healthy food."



Before you explain what a fisher, a fishmonger or a chef are, encourage them to think about the role of these three professionals: what do they do in their job? Why are they important?

You can also ask them what seafood they now already.

Instructions:

The group is divided into three. You might need to keep the fishmonger group smaller than the others.

1. Fishers use the fishing gear to collect the sea animals and sort them into the different buckets.
2. Fishmongers take sea animals from the buckets and place them in the correct basket at their stall.
3. Chefs each take a recipe and a wallet. They look at the ingredients and they queue to buy them from the fishmongers.
4. Fishmongers sell the seafood to the chefs. They make sure to give change when necessary.
5. Chefs take a plate at the art station, look for the other ingredients, and make a collage to represent their recipe.

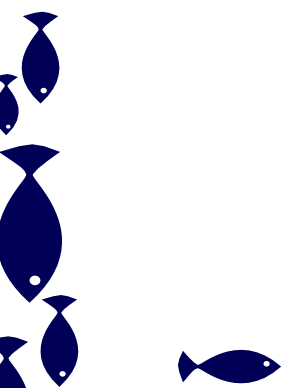
Debrief:

- The educator lets each group tell the others what they learnt.
- They ask the fishers what they fished. At each species, they ask the chefs who cooked the species to show their dish.
- The educator can ask:
 - o Was there any animal you didn't know you could eat?
 - o Have you ever eaten [name of the species]? What did it taste like?
 - o Is there an animal you would like to taste someday?
- If the children already started studying nutrition, the educator can ask:
 - o Why is eating seafood good for you? (eating for energy, good for the heart, the brain, eating to grow taller and stronger...)

Alternatives:

- Play the game three rounds so each child can experience the three roles.
- Play each stage separately:
 - o First, all the children fish together and sort the animals on the fish market stall.
 - o Secondly, each child picks a recipe, and the educator takes the role of the fishmonger, selling the products. Each child makes their collage according to their recipe.

To go further: invite a chef, fisher, fishmonger or fish farmer to the class to do the activity with you and explain their job to the group. Or visit them at their work place after doing the activity.



Activity – Connect the dot

Duration: 30-45min

Note: This activity is better suited in settings where the fish market is too complicated to organise (e.g. due to lack of space or resources).

Material:

- One A4 worksheet per pair of students
- Pictures of the species shown on the worksheet (printed, or to be shown with a projector)
- Pencils
- Rubber

Set up:

- Prepare the space so students can sit two by two.
- Make sure they have pencils and rubbers available.

Introduction:

“Today, we are going to talk about food from the ocean; We will learn which animals and plants from the sea we can eat.”

Start by showing pictures of the species one by one and ask students to identify what it is: is it a plant or an animal? What does it look like? Does it have a shell? Does it have claws? Does it have fins? Does it have tentacles? What is the name of the species?

Before going into group work, the educator gives the instructions on the worksheet: “Connect the dots between the animal or the plant, and the dish made with it.”

Instructions:

1. Students sit in pairs or groups of three.
2. The educator distributes one worksheet per group and gives them approximately 15 minutes to connect the dots.
3. The educator stays available for support.

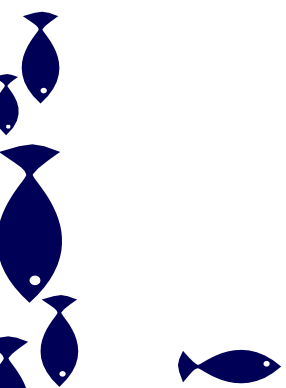
Debrief:

- The educator lets the students share the right response for each species.
- The educator can ask:
 - o Was there any animal or plant you didn't know you could eat?
 - o Have you ever eaten [name of the species]? What did it taste like?
 - o Is there an animal you would like to taste someday?
- If the students already started studying nutrition, the educator can ask:



- Why is eating seafood good for you? (eating for energy, good for the heart, the brain, eating to grow taller and stronger...)

To go further: invite a chef, fisher, fishmonger or fish farmer to the class to do the activity with you and explain their job to the group. Or visit them at their workplace after doing the activity.



Homework – Seafood in my plate

Duration: one week (at home) following the activity above

Material :

- One worksheet per student, printed on one side, A4
- A camera, a printer, scissors and glue OR colour pens
- A pen
- Blue tack, tape or pins and a board or available space on a wall in your classroom

Introduction:

“We learnt how fish arrive on our plate and we discovered different recipes. We also learnt that we need to eat seafood to grow healthy and strong and have energy. So now we are going to try this at home. During the week, ask your family to help you cook one meal with fish or seafood. Fill in the worksheet with the name of the dish, the ingredients, and a picture or a drawing of the dish. In one week, we will present our recipes to each other.”

You can share the Mr.Goodfish website or app to help families choose species and explore recipes.

Debrief:

In class, ask each student to share the dish they had and ask them to share their impressions (how was the taste? Was it difficult or easy to cook? What did the other members of your family think of this recipe?).

Have them pin their worksheet on a board or a wall for a few days and encourage them to take a look at the recipes.

You might also consider collecting all the worksheets and making a small booklet of recipes to give out to all the students, so they can bring it home for their family.

Alternative: if feasible, you can replace this homework with a cooking session in your school, science centre or museum. Pick an easy seafood or fish recipe to prepare with the children (e.g. sardine or maquerel spread, fish cake, fish pie, fish tacos/wrap/sandwich...). You can invite a chef or fishmonger to do this with you, and propose that the families participate too. If you wish to use this alternative, please start by verifying local health & food safety rules related to cooking with children. To find a chef or fishmonger, you can consult Mr.Goodfish members in your country on the website or app.



Seafood in my plate

My name:

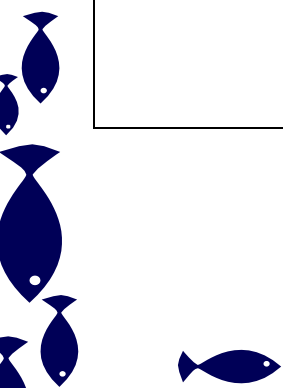
This week, I cook seafood or fish with my family.

The name of the dish is

The ingredients of this recipe are:

-
-
-
-
-
-
-
-
-
-

I draw the dish or I print and paste a picture here:





Mussels with fries

Ingredients:

- **4 mussels**
- **Some fries**
- **Cut parsley**

Grilled octopus

Ingredients:

- **1 octopus**
- **1 lemon**
- **1 bowl of rice**



Shrimp noodles

Ingredients:

- **5 shrimps**
- **1 bowl of noodles**
- **1 tomato**

Scallops with rice

Ingredients:

- **2 scallops**
- **Some green beans**
- **1 bowl of rice**



Oysters

Ingredients:

- **6 oysters**
- **1 lemon**
- **1 bowl of salad**

Squid with fries

Ingredients:

- **4 squids**
- **Some fries**
- **1 bowl of salad**



Crab with corn

Ingredients:

- **1 crab**
- **1 grilled corn**
- **1 bowl of mashed potato**

Grilled fish

Ingredients:

- **1 fish**
- **Some green beans**
- **1 bowl of rice**

Mussels with fries



Grilled Octopus



Shrimp noodles



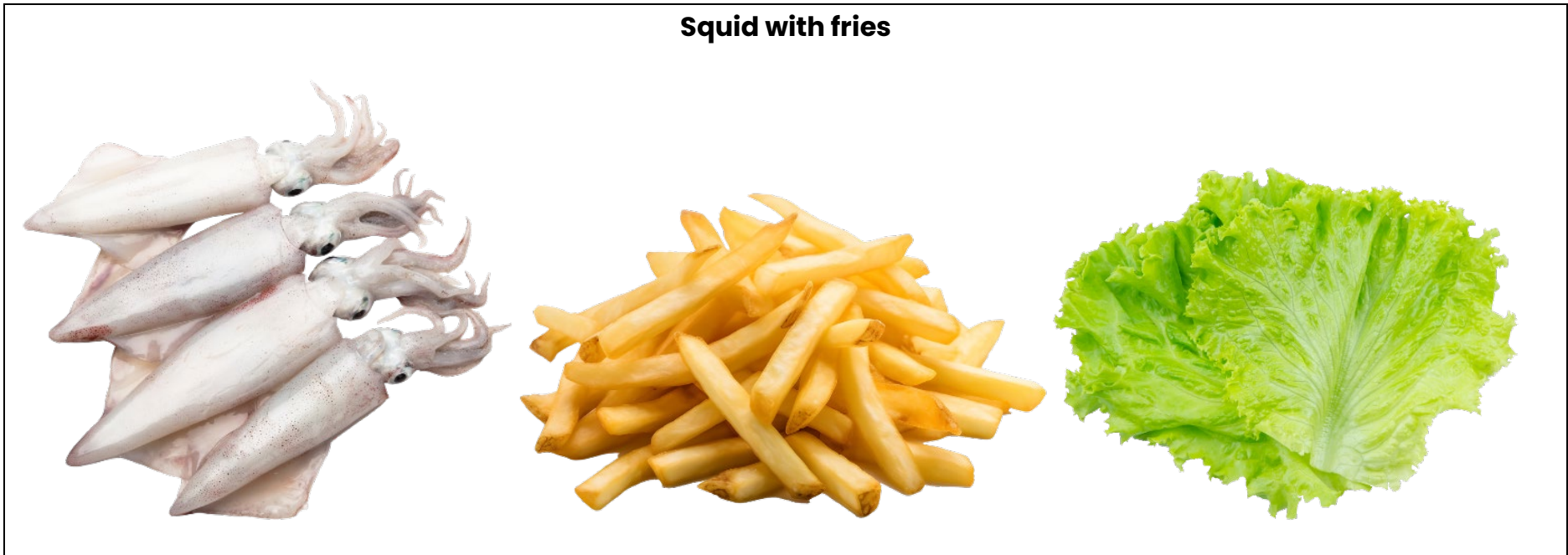
Scallops with rice



Oysters



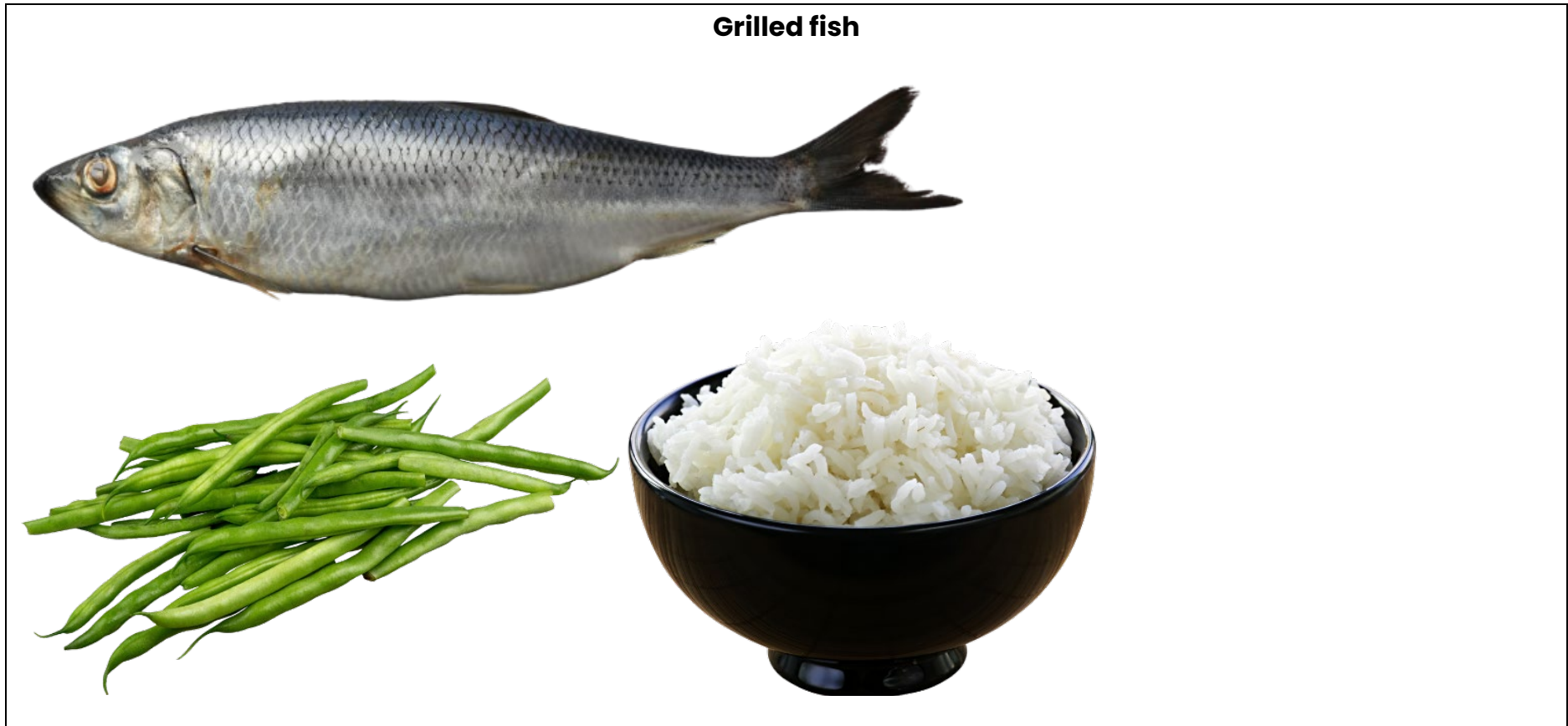
Squid with fries



Crab with corn



Grilled fish



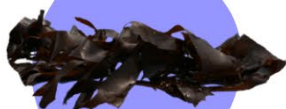
Print the following as market label



NAME:

The form is a rectangular box with a dark blue border. It features four clusters of small blue fish with red fins in the corners. In the bottom right corner, there is an illustration of a stack of green money with a yellow band. Two horizontal dark blue lines are positioned below the 'NAME:' text, serving as input fields.

CONNECT THE DOT





"Choose the right fish at the right season!"

Follow us

Website: www.mrgoodfish.com

