

Sustainable Seafood Menu Worksheet

Student Name:

Date:

Class:

Part 1: Research

Seafood Item 1

- Name of Seafood:
- Scientific Name (if applicable):
- Nutrients:
- Local Availability:

Seafood Item 2

- Name of Seafood:
 - Scientific Name (if applicable):
 - Nutrients:
 - Local Availability:
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Part 2: Dish Ideas

Dish 1

- Dish Name:
- Main Seafood Ingredient:
- Description:
- Image (to be inserted in the final menu):

Dish 2

- Dish Name:
- Main Seafood Ingredient:
- Description (include sustainable elements):
- Image (to be inserted in the final menu):

Part 3: Reflection

- What did you learn about different seafood options while creating this menu?
(Write your response here)

- How can you apply what you learned in this activity to make sustainable and local seafood choices in the future?
(Write your response here)

Part 4: Presentation/Factsheet

- Use the information gathered in Parts 1 and 2 to create your sustainable seafood menu using the provided template.
- Ensure to include images and make your menu visually appealing.
- Be prepared to present your menu and explain the sustainable choices made in your dish selections.