

Fish and sustainable sources Lesson Plan Guide

Subject	Appropriate age group
Fish and sustainable sources	5yrs – 8ys KS1 Primary Education
Learning Objectives	Resources
<ol style="list-style-type: none"> 1. To have an understanding of why fish is important 2. To know what sustainable fishing means 3. To know what you can do to eat sustainable fish 	<ul style="list-style-type: none"> • PowerPoint presentation • Infographic containing the information in a condensed easy-to-read overview • Fish food chain activity • A related recipe to take home or try in class in equipment available
Teaching Input	
<ul style="list-style-type: none"> • Current UK government curriculum states in KS1 children should be taught how to use the basic principles of a healthy and varied diet to prepare dishes, as well as understand where food comes from. • Fish is an important source of many nutrients, including protein and long-chain omega-3 polyunsaturated fatty acids (n-3 PUFAs), as well as several vitamins and minerals including selenium, iodine, potassium, vitamin D and B vitamins. • Omega-3 is particularly important to for numerous health components, and are an essential fat as the body cannot make them, so we must get them from our diet. Oily fish especially is a rich source. • Different types of fish (oily and white) and shellfish provide different nutrients. • Everyone should try to eat at least two portions of sustainably sourced fish per week, one of which should be oily fish. • To ensure there are enough fish to eat now and in the future, we should try to eat a wide variety of fish and to buy fish from sustainable sources. • Important as overfishing can lead to fish species becoming endangered and impacts livelihoods as fishing is the main livelihood for millions of people around the world. • Ecolabels such as the blue Marine Stewardship Council logo are a sign that the fish are from a sustainable source, and have been handled with care. <p>Key messages</p> <ul style="list-style-type: none"> • Fish provides many nutrients, vitamins and minerals that are important to the body • We should have at least 2 portions a week, and 1 of those should be oily • It is important to eat fish from sustainable sources • Look for certified fish labels. <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> • The children have been provided with a fish food chain to complete and then think about the consequences of overfishing on this. There are question at the bottom which can be answered individually on the sheet, or discussed as a class. This aims to get the children thinking how over fishing may affect the fish food chain and show how important it is to source sustainable fish. • The answer for the food chain: Plankton > Shrimp > Herring > Cod > Humans 	