

Seafood Consumer Purchasing Extra Credit Assignment

Introduction: If you are a seafood consumer, then it is important to know where your seafood is caught, how it is caught, whether it is a sustainably managed fishery or not, and if it is safe to consume. There is information out there to make more educated and environmentally-conscious decisions when it comes to purchasing seafood, whether at the market, or in a restaurant. Below are directions for becoming a better seafood consumer. This assignment is worth up to 5 points.

Directions:

- 1) Print out the Seafood Watch booklet listed below.
- 2) On a sheet of paper type out three of your favorite types of seafood that you like to consume.
- 3) Locate your three types of favorite seafood in the booklet. Each one should be found in one of the listed three columns: **BEST CHOICES / GOOD ALTERNATIVES / AVOID**
- 4) Type the listed column choice (name) next to each of your listed favorite seafood:
Either **BEST CHOICES, GOOD ALTERNATIVES, or AVOID**
- 5) IF one or more of your favorite seafood are found in the **AVOID** column, then choose an alternative within one of the first two columns: **BEST CHOICES / GOOD ALTERNATIVES** that you could substitute for your original selection. Type those substitutes out next to the original choice that needs to be avoided.

Seafood List <http://www.edf.org/page.cfm?tagID=1540>