

Activity 1: Eco-Plate

Primary Activity Standard: ESE Standard 1: Students develop knowledge of the interconnections and interdependency of ecological, social, and economic systems. They demonstrate understanding of how the health of these systems determines the sustainability of natural and human communities at local, regional, national, and global levels.

Essential Questions:

- 1) Inquiry:
 - a) What do you notice?
 - b) What do you wonder?
- 2) What is sustainable seafood?
- 3) How can you find sustainable seafood?

Career Connections:

- 1) Which fisheries in Whatcom County are sustainable?

Stewardship:

- 1) How can you be a steward of the Salish Sea through what you decide to buy?

Learning Objectives:

Students will be able to:

- 1) Recognize the difference between sustainable and non-sustainable seafood.
- 2) Understand the merits of purchasing local, sustainable seafood.
- 3) Explain how choosing sustainable seafood makes them a steward of the Salish Sea.

Key Concept: In this activity, students will have opportunities to sample dried seaweed, observe a variety of products from the intertidal zone, and build (draw) a meal with food including ingredients from the intertidal zone and the Salish Sea.

Vocabulary: Ghost gear, overfishing, sustainable, mussel, oyster, conch

Assessment: Worksheet in the GSSC Student Notebook.

Lesson Instructions: *All parts of this lesson can be found in this document.*

Please read the page and click on the links as you go.

We acknowledge and respect the treaty rights of the Coast Salish Peoples to the unceded lands and waters of the Salish Sea and we recognize their stewardship since time immemorial.

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Teacher Prep/Considerations:
Set out materials provided by GSSC.

Video: [Cooking Kelp with an Ocean Farmer - Aquaculture - NOAA Fisheries Video Gallery](#)

Worksheet: Activity 1

1st Grade

Eco-Plate

Seafood is yummy and good for us! However, sometimes how it is caught can hurt the planet. One example is ghost gear, which is any fishing gear that is not cleaned up by fishermen. Ghost gear can tangle up marine animals or be eaten, which can harm them. Another example is harmful fishing practices, like bottom trawling, where fishermen drag a net along the bottom of the ocean disturbing everything growing in its path. This can harm the seafloor and damage corals. Finally, when too many fish are caught, this is called overfishing. Fishermen can avoid overfishing by being sustainable. This means not catching too many fish (or other animals and plants in the ocean) so that there are fish left to create baby fish!

Some local companies that are sustainable are:

Taylor Shellfish Farms

Lummi Island Wild

Drayton Harbor Oyster Company

Try some seaweed!

Now look at all the different kinds of seafood. Read about them!

Seafood Nutrition

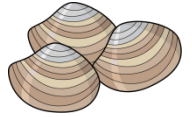
Fish



Fish are an important source of protein and omega-3 oils. Salmon are great for nutrition!



Shellfish

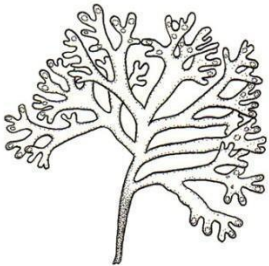


Shellfish are an important source of protein, vitamins, and minerals!

- Oysters
- Clams
- Mussels
- Scallops
- Crabs
- Shrimp
- Lobster

Sea Vegetables

A STUDY OF RED ALGAE



Chondrus (Irish Moss)

Sea vegetables are also known as seaweeds.

They are high in vitamins and minerals!

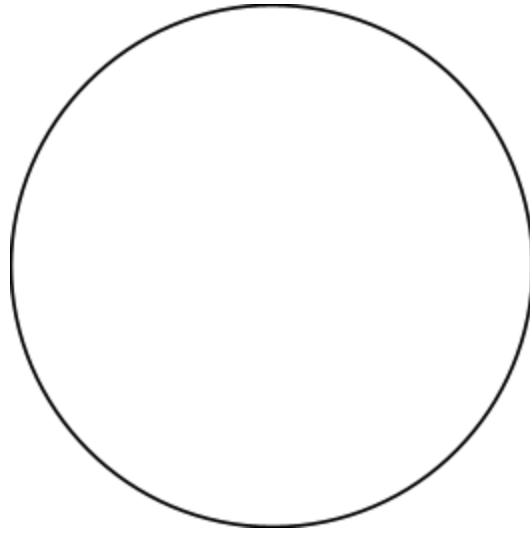
Seaweeds come in colors: brown, red and green



Choose as many ingredients as you want and draw a meal for yourself.

My Plate

Draw the food you chose for your seafood meal.



Optional Extensions:

- [Explore the Salish Sea: A Nature Guide for Kids](#) by Joe Gaydos (provided by GSSC upon request)
- Want more worksheets and coloring pages? You can print and work through this [seashore packet](#).
- [Sea Creature Yoga Video](#) - follow along with the yoga poses inspired by some of our favorite sea creatures! Think about how their body parts help them live.
- Video: [Kids Try Shellfish From Around the World](#)
- Want to make seafood at home? [Here](#) are some sustainable seafood recipes.