**LESSON PLAN:**

**1. Biodiversity: Sea (*Focus: fish and shellfish*)**

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| **Lesson** **aim:** | | The aim of the lesson is to introduce the concept of biodiversity when sourcing fish and shellfish. | **Learning Objectives:** | * Identify different species of fish and shellfish and recognise the ‘big 5’ most commonly eaten in the UK (cod, haddock, tuna, salmon and prawns). * Learn how to determine the sustainability rating of fish and shellfish. * Understand different fish and shellfish preparation methods, food safety and portion control. | | | | | |
| **Week No:** |  | | **Date:** | | **Time:** | | **.00** | **Duration:** | **minutes** |
| **Subject Tutor:** |  | | | | **Numbers in class:** |  | | **Room:** |  |
| **Topic of lesson**  (link to scheme of work): |  | | | | **Venue:** |  | | **Themes embedded** | **Health & Safety**  **Equality & diversity**  **Functional skills**  **Positive Challenge & stretch**  **Sustainability** |

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| **Content – link to qualification specifications** | **Teaching, Learning and Assessment Activities** | **Embedded**  **Elements** | **Resources** |
| As per SOW | **Start: Icebreaker:** What are your top three seafood dishes? How many times do you eat fish a week?  **Activity 1:**   * Tutor explain the learning outcomes. Explain the class activity. Discussion of sustainability issues of Seafood. * Introduce the smartphone applications, such as the Good Fish Guide, and download. * Tutor to introduce seafood purchased for class and start to complete. Fish Sustainability sheet as below (possible group work to reduce time).   **Activity 2:**   * Tutor demonstrate filleting fish and seafood preparation. * Students to take ingredients and prepare seafood / fillet fish. * Lecturer prepare vegetables and demonstrate seafood stew (see recipe).   **Activity 3:**   * Students to prepare vegetables and create seafood stew. * Present created dishes, evaluation and discussion. * Students to revisit sustainability sheet and any other paperwork, * Present lesson findings to class. * Close kitchen | **S**  **FSE**  **H&S** | Theory presentation – Biodiversity: Sea (PowerPoint)  Seafood stew recipe (PDF)  Sustainable fish handout (in extra resources below)  Sustainable fish app  Link to Chefs’ Manifesto Action – 1. [**INGREDIENTS GROWN WITH RESPECT FOR THE EARTH & ITS OCEANS**](http://www.sdg2advocacyhub.org/actions/ActionPlanArea1) |
| **SMART Learning Objectives** |
| **All learners will be able to:**  **Most learners will be able to:**  **Stretch & challenge learners will be able to:** |

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| Evaluation of lesson | Make notes on how it could be improved: |

**Teaching Tips:**

* Discuss how consuming more fish would be good for health and nutrition, but bad for fish stocks
* Stress that avoiding at risk species is absolutely critical, and we need to use more different varieties
* In the theory section, talk about how in future more plant-based “alternatives” or “analogues” will probably be available - something to look out for.
* Opportunity to consider using alternative ingredients from the sea for flavour (and sometimes to reduce sodium). Eg algae or other sea vegetables
* Opportunity in the practical Activity 2 to talk about ways to utilise 100% of the fish - including bones, head, tails
* If time, you could also talk about fresh and frozen fish, drying and smoking - to introduce the topic of seasonality

**EXTRA RESOURCES:**

**Fish and shellfish sustainability table:**

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| **Name of Fish or Shellfish** | **Origin if known** | **Method of Production**  **(how caught or farmed)** | **Certification (if any)** | **The Sustainability Range (1-5)** | **Advice given on App** |
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