

Swansea Bay Fisheries Local Action Group (SBFLAG)

A DELIVERY TEAM OF THE SWANSEA RURAL DEVELOPMENT PARTNERSHIP



Lesson Plan

Subject: Fish Is Food

Approach: Teacher led activities with an interactive cookery demonstration.

Aim: to improve knowledge about fish as food.

Outcomes (the student should be able to):

- 1) Identify different species of fish.
- 2) Explain the health benefits of fish.
- 3) Describe different ways to cook with fish.

KS = Key Skills
Q&A = Question and Answer

| Time | Method (How) | Content (What) | Assessment | Resources |
|--------|--------------------------|--|--|-----------|
| 10 min | Teacher led presentation | <i>Introduction:</i> Introduce yourself and explain why you are there. Outline the lesson aims and outcomes. First person to put their hand up and answer the joke gets to be our first volunteer chef later on in the lesson... <i>What do you call a fish with no eye? A fshhh</i> | <i>Formative</i> Assess for prior knowledge | |

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| | | <p>Q&A to assess current knowledge of fish as food <i>How many different types of fish can you name as a class?</i> <i>How many of these have you eaten? What did they taste like?</i></p> | | |
| 25 min | Teacher led interactive activity | <p>Explain that there are different species (types) of fish and that the fish you have today come from Swansea Bay.</p> <p>Pick up first fish; take it around the class so that the children can see the markings, fins and teeth. Encourage them to touch and smell the fish. Whilst doing this, explain where the fish is from, interesting facts about it, and question the children i.e. <i>what are the fins for?</i></p> <p>Talk about sustainability – the importance of fishing responsibly so that future generations can enjoy fresh fish and to take care of the environment and nature. For example mackerel should be caught by hand line or coastal fishing.</p> <p>Repeat with other fish. When showing the crab & prawns, offer the students the opportunity to taste some cooked crab meat/prawns.</p> <p>During this explain the health benefits of fish including:</p> <ul style="list-style-type: none"> • Omega oils (<i>Q: Has anyone heard of it? What is it good for?</i>) • Vitamin B for making blood, changing food to energy | <p><i>Formative</i> Assess students knowledge of fish and health benefits</p> | <ul style="list-style-type: none"> • Selection of Swansea Bay fresh whole fish • Hand sanitizer • Cooked crab / prawns • Plastic utensils & blue roll |

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| | | <ul style="list-style-type: none"> • Vitamin A for healthy eyes and skin • Vitamin D to help your body get calcium from food (good for bones) • Protein builds your muscles <p>Also point out the following:</p> <p><i>Eyes should be clear and bright to show that they are fresh and should smell like the sea.</i></p> | | |
| | | <p>KS Communication – Students to communicate their answers during the interactive Q&A</p> <p>KS Problem solving – students to utilize their problem solving abilities to find the correct answers.</p> | | |
| 35 min | Interactive cookery demo. | <p>Dish 3 - Crispy fish bites with pea mint dip & cucumber sticks</p> <ul style="list-style-type: none"> • Ask for 3 volunteers + winner of the joke at the start of the lesson. All to wash hands & then put on aprons and gloves. • One pupil to crush the cornflakes and mix parmesan and cornflakes together in shallow bowl. | | <ul style="list-style-type: none"> • Plaice or other white fish • Flour • Cornflakes • Eggs • Parmesan • Peas • Mint or mint sauce |

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| | <ul style="list-style-type: none">• Another pupil to put flour in a bowl, and the third to whisk the eggs in a bowl.• Cut up plaice and pass to first child who dips in flour, then passes to next child who dips in eggs, then to third child who dips into the cornflake mix.• Once this process is repeated 4/5 times, children to take off aprons and gloves and return to seat.• Teacher to fry fish for 3-4 minutes, and serve with the minty pea dip & cucumber sticks.• Meanwhile 4th pupil has crushed the peas with the mint to create the dip.• All class to taste the fish bites with the dip and cucumber sticks. <p>Dish 4 – Mackerel dip with bread sticks dip</p> <ul style="list-style-type: none">• Ask for 2 more volunteers. Both to wash their hands and wear an apron and gloves.• One pupil to cut the spring onions and squeeze the lemon juice• The other to skin the smoked mackerel and mash in a bowl• Add the crème fraiche, spring onions, lemon juice, salt and pepper and mix well. Serve this with the bread sticks.• All class to taste the mackerel dip with bread sticks. | | <ul style="list-style-type: none">• Salt and pepper• Cucumber sticks• Smoked mackerel• Creme fraiche• Spring onions• Lemon• Juicer• Plates• Hob• Bowls• Utensils• Blue roll• Aprons• Face masks• Hand wash• Sanitizer and anti-bacterial spray |
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| | | KS Working with others – Students to work as a group to create the dish. | | |
| 5 min | Teacher led verbal Q&A | Plenary <i>Q: How many fish have you seen today?</i> <i>Q: Can anyone name all species?</i> <i>Q: How many have you tasted?</i> <i>Q: Which was your favorite? Why?</i> | <ul style="list-style-type: none"> • <i>Formative</i> Assess whether students can remember species | |
| | | KS Communication – Students to communicate their answers during brief Q&A. | | |