



LESSON 2

HEALTH BENEFITS

APPROXIMATE
TIME TO TEACH

OVERVIEW

1 ½ hours (40 slides)
Depending on the activities you choose to do, the lesson may take longer.

MATERIALS
NEEDED

MyPlate handouts – www.choosemyplate.gov

EPA and DHA in seafood handout

Rubber food models – to show 3-ounce portions (can be purchased from www.eNasco.com/fcs)

Seafood nutrition facts handout

GOALS

Participants will learn about the health benefits of eating seafood.

OBJECTIVES

Participants will increase their knowledge of the following:

- The 2010 Dietary Guidelines
- Health benefits of seafood
- Seafood serving recommendations

ACTIVITIES

Share copies of the MyPlate handout. Refer to web site address: www.choosemyplate.gov for participants to go online to print their own individual MyPlate.

Show a 3-ounce serving of seafood. Use food models if you have them available.

Show samples of fatty and lean fish to judge fat contents by the color of the fish, or tour a market to observe the colors of seafood flesh.

Share copies of the EPA and DHA in seafood handout.

Share of copy of the U.S. Food and Drug Administration's "Seafood Nutrition Facts."

EVALUATION
TOOLS

Pretest: Individuals completing the 4 lessons will complete and pre- and post test.

LESSON REFERENCES
AND FURTHER
INFORMATION

American Heart Association: <http://www.americanheart.org/>

Dietary Guidelines for Americans, 2010: <http://www.dietaryguidelines.gov>

Essential Fatty Acid Education (for information on omega-3 fats):
<http://efaeducation.nih.gov/>

Fisheries of the United States 2003. National Marine Fisheries Service, Office of Science and Technology, Fisheries Statistics Division. Silver Spring, Maryland. October 2004.

Gall, K. 1992. Seafood Savvy: A Consumer's Guide to Seafood Nutrition Safety, Handling and Preparation. Information Bulletin 104IB226 Cornell Cooperative Extension.

Kris-Etherton, P.M.; Harris, W.S.; Appel, L.J.; Committee, F.T.N. Fish Consumption, fish oil, omega-3 fatty acids, and cardiovascular diseases. *Circulation* 2002, 106, 2747-2757.

Mozzaffarian D., and Rimm, E.B. 2006. Fish Intake, Contaminants, and Human Health: Evaluating the Risks and the Benefits. *Journal of the American Medical Association* 296: 1885-1899.

MyPlate: <http://www.choosemyplate.gov>

National Fisheries Institute: <http://www.aboutseafood.com/>

Seafood Choices Alliance: <http://www.seafoodchoices.com/>

Sea Grant, Delaware Sea Grant, University of Delaware:
<http://www.deseagrant.org/outreach-extension/seafood-technology-faq-how-nutritious-seafood>

USDA ARS Nutrient Data Laboratory (for protein content of foods):
<http://www.nal.usda.gov/fnic/foodcomp/search>

USDA, Seafood Nutrition Facts, January 1, 2008:
<http://www.fda.gov/downloads/Food/GuidanceRegulation/ucm063478.pdf>

Viera, S., Global Aquaculture Advocate, Education, Partnerships Essential in Promoting Health Benefits of Seafood, January/February 2007.