



# Seafood

## PROJECT PLANNING GUIDE

### OBJECTIVES OF THE 4-H SEAFOOD PROJECT

1. To learn to identify the different types of seafood.
2. To learn to identify the nutritional values of seafood.
3. To learn methods used to gather seafood species.
4. To learn to properly select, store, and prepare seafood.
5. To learn to sample and prepare under-utilized seafoods.

#### EXTENSION RESOURCE MATERIALS

4-H Seafood Project Manual

Leader's Manual

**NOTE:** Both the Extension Foods and Nutrition Department and the NCSU Seafood Lab conduct research, hold training workshops, and publish information on seafood. For more information, contact your county Home Economics Extension Agent.

LEVEL 1  
(9- to 11-year-olds)

Things to Learn	Things to Do
1. What is seafood?	1. Find out what types of food are considered seafood.
2. How is seafood good for you?	2. Prepare a bulletin board showing nutrients found in seafood.  or  Have a poster contest titled <u>Seafood is Good for You</u> . Give prizes for the best poster.
3. Learn the different kinds of finfish.	3. Label the parts of a fish. Find out what makes fish different from other kinds of seafood.
4. Learn the different kinds of shellfish.	4. Find out how many kinds of shellfish there are. Where do they live? How do they eat?  Visit a seafood market. Find out what kinds of fish and shellfish are for sale. Ask the owner where the seafood comes from.
5. Learn how to prepare seafood snacks.	5. With the help of your leader, prepare seafood snacks for everyone in your club to enjoy. Take the recipes home and prepare the snacks for your family.
6. Which seafood snacks are your club's favorite?	6. Fill out a 4-H Seafood Taste Test. Find out:  a. which snack is everyone's favorite. b. which one is easiest to prepare. c. which one costs the most to fix. d. which one costs the least.

LEVEL 2  
(12- to 14-year-olds)

Things to Learn	Things to Do
1. Learn how different finfish and shellfish are caught.	1. Learn to recognize the following equipment and find out how each is used: oyster tongs, oyster dredge, scallop dredge, purse seine, otter trawl, crab pots, clam rake, and cast net.  Gather your own fish, crabs, clams and oysters with the appropriate equipment.
2. Practice demonstration methods.	2. Demonstrate how to construct a crab pot or hang a gill net to your 4-H club. Your leader has instructions for both.
3. Learn how to properly select fresh seafood.	3. Recognize fresh seafood and what qualities to look for. Find out how to select properly processed seafoods.
4. Learn to clean various types of seafood.	4. After purchasing or gathering your own seafood; learn to: a) properly clean fish and shrimp. b) shuck clams, oysters, and scallops.
5. Learn how to properly store seafood.	5. Properly store seafood using the following methods: a) freezing b) canning c) smoking
6. Learn several methods of preparing seafood.	6. Prepare seafood dishes using the following methods: a) frying                      d) broiling b) baking                      e) poaching c) steaming                    f) boiling  Complete Seafood Evaluations for each seafood dish you prepare.
7. Learn appropriate garnishes for seafood.	7. Prepare attractive and tasty garnishes to accompany your seafood preparation. Experiment and invent garnishes of your own.
8. Learn how to make a home smoker for seafood.	8. Build a home smoker. Smoke various types of fish and shellfish in your smoker.

LEVEL 3  
(15- to 19-year-olds)

Things to Learn	Things to Do
1. How to plan, organize and serve seafood for a large group.	1. Select finfish and shellfish stored in Level 2 and prepare a seafood buffet for families of your 4-H club members.  Shop for items needed for the seafood buffet. Use the skills you've learned to properly select fresh and processed seafood.
2. How to compute the cost of preparing a seafood dish.	2. Record prices of each item purchased or to be used and analyze the cost of all recipes.
3. To create your own seafood dishes and to promote seafood in your area.	3. Create your own seafood recipes and organize a county seafood tasting party. Ask your Home Economics Extension Agent or your 4-H leader to select winning recipes. a) most attractive. b) best tasting. c) most practical. d) most economical.
4. Find the most economical and practical method of smoking seafood at home.	4. Experiment with seafood smoking techniques. a) Try three different brine states. b) Try different soaking times. c) Try smoking three different species of fish and shellfish.  Test your smoked products with your 4-H club members or family.  Complete a seafood evaluation form for each product.
5. The best method of preparing an unusual seafood.	5. Select an under-utilized seafood like shark or ray. a) Prepare the seafood using various methods. b) Taste test with your 4-H club. c) Compare your results with testing done at the NC Seafood Lab. d) Keep notes on why one method of preparation is preferred over another.

---

---

Things to Learn

6. How seafood is processed.
7. Learn how new methods of seafood utilization and processing are being studied.

---

---

Things to Do

For centuries the Chinese and Japanese have harvested seaweeds for food. Many types of seaweeds can be found at oriental food stores. Try making a seaweed dish. The store owner can give you suggestions. There are several edible seaweeds that grow on our own coast. For identification and recipes of seaweeds read, The Sea Vegetable Book, by Judith Cooper, Crown Publishers, Inc., New York.

6. Visit fish canneries and shellfish houses. Find out:
  - a) how sanitation is maintained.
  - b) various processing methods.
7. Visit the NC Seafood Lab in Morehead City.
  - a) Find out about current research being conducted at the lab.
  - b) Explore career opportunities in the seafood business/industry.

Prepared by Jaynee Medicott, Extension 4-H Staff Associate

Item	Description	Quantity	Value
1	...	...	...
2	...	...	...
3	...	...	...
4	...	...	...
5	...	...	...
6	...	...	...
7	...	...	...
8	...	...	...
9	...	...	...
10	...	...	...
11	...	...	...
12	...	...	...
13	...	...	...
14	...	...	...
15	...	...	...
16	...	...	...
17	...	...	...
18	...	...	...
19	...	...	...
20	...	...	...
21	...	...	...
22	...	...	...
23	...	...	...
24	...	...	...
25	...	...	...
26	...	...	...
27	...	...	...
28	...	...	...
29	...	...	...
30	...	...	...
31	...	...	...
32	...	...	...
33	...	...	...
34	...	...	...
35	...	...	...
36	...	...	...
37	...	...	...
38	...	...	...
39	...	...	...
40	...	...	...
41	...	...	...
42	...	...	...
43	...	...	...
44	...	...	...
45	...	...	...
46	...	...	...
47	...	...	...
48	...	...	...
49	...	...	...
50	...	...	...

Published by  
THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State University at Raleigh, North Carolina Agricultural and Technical State University at Greensboro, and the U. S. Department of Agriculture, Cooperating, State University Station, Raleigh, N. C., Chester D. Black, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. The North Carolina Agricultural Extension Service offers its programs to all eligible persons regardless of race, color, or national origin, and is an equal opportunity employer.