

Study Guide

Fish & Shellfish

Directions: Read chapter 36, and answer the following questions. Later, you can use this study guide to review.

1. List all the nutrients found in fish and shellfish.

2. Name three types of fish that have high mercury levels and should be avoided by small children and pregnant and nursing mothers.

3. Define seafood.

4. What do the letters HACCP stand for, and what is the function of this system?

5. Name and describe five market forms of fish that you can purchase.

6. List ways you can determine the quality of fresh fish.

7. Name some of the shellfish you will find in the market.

8. Name three examples of convenience fish or shellfish.

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9. Name three types of for cured fish.

10. Describe safe storage methods for fresh fish.

11. What happens when fish is overcooked?

12. Describe how to test fish for doneness.

13. What type of fish is most suitable for grilling?

14. Describe how to bake drawn and dressed fish.

15. List the steps for microwaving fish.

Activity 1**Fish & Shellfish**

Something Fishy

Directions: You are hosting a TV talk show titled *Speak Your Piece*. Viewers are able to call in and ask questions or voice concerns. This week's topic is fish. Answer each caller using information from the textbook.

Caller 1: I keep hearing in the news that people should eat more fish. My question is this: Is fish safe to eat? I recently saw a segment on the news about people getting really sick from eating fish.

Your Reply: _____

Caller 2: I was recently in a restaurant and saw a fish preparation described as dressed. What exactly does that mean?

Your Reply: _____

Caller 3: Help! I'm planning a dinner party for the weekend, and everything is in place—the flowers, the food—everything except the main course. I was planning on making a special salmon with dill sauce, but when I went to the fish market this morning, the manager told me she would not have salmon until Monday. Do you have any suggestions?

Your Reply: _____

Caller 4: Can you tell me the difference between crustaceans and mollusks? Also, what shellfish should I use for a clambake?

Your Reply: _____

Activity 2

Fish and Shellfish

Fish and Shellfish Dinner

Directions: It is your good friend Jonathan’s birthday and he doesn’t eat meat or poultry. You have invited six of his friends and want to make a wonderful fish and shellfish dinner but don’t know what to prepare for eight people. Use the information in the chapter to decide what kind of fish to prepare for an appetizer and for a main course. Choose fish or shellfish for each course, the form in which you will buy it, and a preparation technique for each. Be sure to have some variety in the type of fish or shellfish you choose and in the preparation techniques. Write the name of the fish and describe how you will prepare it.

Appetizer:

Name of fish or shellfish and market form: _____

Preparation method: _____

Main Course:

Name of fish or shellfish and market form: _____

Preparation method: _____

