

Activity 1

Fish & Shellfish

Name That Fish

Purpose: To identify different types and market forms of fish and shellfish.

Directions: For each description below, write the name of the fish or shellfish in the space provided.



Types

- _____ 1. Type of fish or shellfish that comes from lakes, rivers, streams, and ponds.
- _____ 2. Saltwater fish and shellfish.
- _____ 3. Have fins and a center spine with bones.
- _____ 4. Have a shell but no spine or bones.
- _____ 5. Less than 5 grams of fat per 3½-ounce serving.
- _____ 6. More than 5 grams of fat per 3½-ounce serving.
- _____ 7. Long bodies, jointed limbs, covered with a shell.
- _____ 8. Soft bodies covered by a rigid shell.

Market forms

- _____ 9. The entire fish sold as caught; scales and internal organs must be removed.
- _____ 10. Fish with scales, gills, and internal organs removed.
- _____ 11. Fish with the head, tail, fins, scales, gills, and internal organs removed.
- _____ 12. Usually boneless, sides of fish cut lengthwise away from the bones and backbone.
- _____ 13. Cross sections cut from large fish; may contain bones from the backbone and the ribs.
- _____ 14. Usually sold without shells.
- _____ 15. Active lobsters with legs moving.
- _____ 16. Fish that is salt-dried, smoked, or pickled.
- _____ 17. The most common smoked fish.
- _____ 18. Shellfish with translucent shells and no black spots.

Activity 2

Fish and Shellfish

Buying, Storing & Cooking Fish

Purpose: To describe different methods for buying, storing, and cooking fish and shellfish.

Directions: Answer each question below in the space provided.

1. What should you check when buying mollusks, such as clams, oysters, and mussels?

2. What color are live lobsters? _____

3. What are the signs of quality when buying fresh, whole, or drawn fish?

4. How should you store fish and shellfish? How should you store live shellfish?

5. Compared to poultry, how does fish cook? Why?

6. Before cooking, what needs to be done to properly prepare the fish?

7. At what temperature is fish generally cooked?

8. What is the 10-minute rule for cooking fish?

9. When should you begin to check fish for doneness?

10. What other cues tell you that fish is done cooking?

Activity 3

Fish and Shellfish

Fish and Shellfish Cooking Methods

Purpose: To describe various cooking methods for fish and shellfish.

Directions: In the space provided, write your answers to the following items.

1. Compare broiling with baking fish steaks or fillets.

2. What are the differences between poaching and steaming fish fillets?

3. Describe how to fry fish.

4. How does deep-frying fish differ from frying in a skillet?

5. Name two ways to cook shellfish. How can you tell when shellfish are done cooking?
