

Activity: Eat like Aquarium Animals

Download the Seafood Watch app or use the website seafoodwatch.org to find the best options for our Aquarium animals.

1. Aquarium animal - Forbes sea star
Seafood diet - Northern Quahog clam

- a. What is the best rating the seafood has?

- b. Under this rating, where could it come from?

- c. Under this rating, how could it be caught?

2. Aquarium animal - Giant Pacific octopus
Seafood diet - Dungeness crab

- a. What is the best rating the seafood has?

- b. Under this rating, where could it come from?

- c. Under this rating, how could it be caught?

3. Aquarium animal - Gray seal
Seafood diet - Atlantic cod

- a. What is the best rating the seafood has?

b. Under this rating, where could it come from?

c. Under this rating, how could it be caught?

4. Animal - YOU!

Pick your favorite seafood - _____

a. What is the best rating the seafood has?

b. Under this rating, where could it come from?

c. Under this rating, how could it be caught?

Discussion questions:

- Did all the seafood you looked up have a green Best Choice rating? Did any of them have a red Avoid rating?
- Did you realize there could be so many options for catching seafood? How seafood is caught can have a great impact on the targeted species, other ocean species, and even the habitat itself.
- How does not choosing the seafood that is listed with a red Avoid rating help?
- If you have a package of seafood at home, look it up using Seafood Watch. What rating does it have? Are there better options available?