





Back-to-Basics

Seafood

Subject	Details
<p>1. What is Seafood?</p> 	<p>Seafood is any form of marine life regarded as food by humans. Seafood include fish, mollusks (octopus and shellfish), crustaceans (shrimp and lobster), and echinoderms (sea cucumber and sea urchins).</p> <p>Edible sea plants, such as some seaweed and microalgae, are also seafood, and are widely eaten around the world, especially in Asia.</p> <p>In North America although not generally in the United Kingdom, the term seafood applies also to any fresh water life eaten by humans, so all edible aquatic life can be referred to as seafood.</p>
 	<p>The harvesting of Seafood:</p> <p>The harvesting of wild seafood is known as fishing and the cultivation and farming of seafood is known as aquaculture in the case of fish, fish farming.</p> <p>Seafood is often distinguished from meat, although it is still animal and is excluded in a strict vegetarian diet.</p> <p>Seafood is an important source of protein in many diets around the world, especially in coastal areas.</p>
	<p>We divide Seafood into the following 3 categories:</p>
<p>2. Fish</p> 	<p>There are over 32,000 species of fish, making them the most diverse group of vertebrates. However, only a small number of species are commonly eaten as food fish.</p> <p>The principal food fish species groups are:</p> <ul style="list-style-type: none"> • Anchovy • Tuna • Carp • Trout • Catfish • Tilapia • Cod • Snapper • Eel • Haddock • Sardine • Halibut • Salmon <p><i>There are several sub-categories in fishes as well such as round fishes, flat fishes, etc.</i></p>

3. Shellfish



Shellfish are not related to fish in any way other than simply being animals that live in water.

Many varieties of shellfish are actually closely related to insects and arachnids.

Although most kinds of shellfish are harvested from saltwater environments, some kinds are found only in freshwater.

Many other species are also part of the shellfish family such as Cephalopods (squid, octopus, and cuttlefish) and bivalves (clams, oysters) are mollusks, as are snails and slugs.

Familiar marine mollusks enjoyed as a food source by humans include many species of clams, mussels, oysters, winkles, and scallops.

4. Crustaceans



Crustaceans form a very large group of arthropods, usually treated as a subphylum, which includes such familiar animals as crabs, lobsters, crayfish and shrimp.

Some crustaceans commonly eaten are shrimp, prawn, lobster, crayfish, and crabs.

Echinoderms such as sea urchins are not as frequently harvested for food as mollusks and crustaceans; however sea urchin roe for example is quite popular in many parts of the world.

Note:

There is a difference between Shrimp and Prawns!

The primary difference is the gill structure. Shrimp have branching gills, while prawns have lamellar gills with a plate like structure.

There are a few other distinguishing features:

The front pincers of shrimp are typically the largest, while prawns have bigger second pincers. Prawns also have longer legs than shrimp.



Training Notes:

<p>Introduce</p> <ul style="list-style-type: none">- Yourself, the task, what TM will learn and how testing is conducted
<p>Demonstrate When To Start and Materials</p> <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Seafood
<p>Demonstrate Actions</p> <ul style="list-style-type: none">- Use job rehearsal to demonstrate steps- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
<p>Demonstrate the Result and Task Standards</p> <ul style="list-style-type: none">- Knowing specific food categories / Seafood
<p>Practice</p> <ul style="list-style-type: none">- TM explains each step of task during practice. Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard
<p>Test for knowledge</p> <p>Q. What are the 3 seafood categories? A. Fish, Shellfish and Crustaceans</p> <p>Q. Name 3 of the most common Fishes A. Salmon, Hammour, Mackerel</p> <p>Q. Name 3 shellfish types A. Oysters, Clams and Scallops</p> <p>Q. Name 3 crustaceans A. Lobster, Crayfish and Crab</p>
<p>Follow-up</p> <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy