**Principles of Marine Finfish product knowledge work sheet template.**

When completing your workbook choose a suitable image

to illustrate the species, such as this example. Observe copyright restrictions.

Replace the word template above with the common name of your chosen fish species. Chose from the following species – Mackerel, Haddock, Sea Bass, Lemon Sole, Turbot, or another species (with approval of your assessor)

**1. For the named the fish above, provide the scientific (Latin name) and any other common names. Describe the shape and identifying characteristics of the fish, together with the family of fish it belongs to and the nature of the edible parts or forms of this fish.**

**2. Describe the different types of fishing methods used around European water for this fish and how these change depending on location.**

**3. Is this fish farmed? If so explain how this is carried out and how the fish supplies the UK retail market, if not why not and is it likely to be farmed in the future?**

**4. Describe the current state of European fish stocks for this fish, including how much fish are allowed to be caught each year. Explain the sustainability and the impact on the environment of different fishing methods.**

**5. Describe the methods of processing and distributing chilled and frozen formats of this fish and the products sold in the UK.**

**6. How do seasonal variations and bad weather impact availability, condition, quality and price of UK marine fish?**

**7. Describe a typical range of this fish sold in UK retailers, including different processing and packaging methods such as Modified Atmosphere Packaging (MAP), vacuum packaging, smoked, marinated, and dried products.**

**8. Describe taste and texture of typical UK chilled, frozen and defrosted marine fish. How are these attributes effects customers preference?**

**9. Describe how taste, texture, colour, oil content and packaging of UK marine fish may influence what customers choose to buy.**

**10. Describe the nutritional and health issues of eating this marine fish. What are the recommended consumption targets/ limits?**

**11. What are the food safety, allergen, contaminant and other risks to human health from eating this fish? How can these be minimised?**

**12. Describe the typical cuts and portion sizes for this fish for adults and children. Give suggested cooking methods and recipes.**

**Ingredients and quantities**

**Method**

**13. Give alternative products and fish types for this fish. Explain how the dietary or religious/ cultural factors may affect your advice.**

**14. How can you use your senses to assess fish quality? Explain how different quality indicators of marine fish change as quality reduces and the limitations of shelf life and best before dates.**

**15. What recommendations would you offer to customers for handling and storing fish at home?**