

# Healthy Oceans Sustainable Seafood

## Discussion Questions



1. What kinds of questions might you want to ask before buying or ordering seafood, and why?
2. Why might you want to limit the amount of some fish that you eat?
3. What tools exist that can help you decide how much of certain fish to eat, or which fish to eat?
4. What do you think 'sustainable' means? What might sustainable fishing look like?



5. How are fish caught? Do all methods of fishing affect the marine environment equally?
  
  
  
  
  
  
  
  
  
  
6. What does fishing or eating 'high on the marine food chain' mean? Is it better to eat 'lower on the food chain'? Why or why not?
  
  
  
  
  
  
  
  
  
  
7. Can you think of an example of a marine food chain? Why do you think fish lower on a marine food chain—like anchovy and sardine—tend to have larger populations sizes, be smaller-bodied, and reproduce more quickly compared to animals higher on a marine food chain (like sharks)?
  
  
  
  
  
  
  
  
  
  
8. How does pollution (like mercury) move through a marine food chain?
  
  
  
  
  
  
  
  
  
  
9. Are farmed fish better than wild-caught fish? Why or why not?
  
  
  
  
  
  
  
  
  
  
10. What are different ways that farmed fish are grown and raised? How do they compare?

