



## Fish Cookery

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### Objectives

Participating young people and adults will:

1. Experiment with several types of fish cookery
2. Sample several types of fish cookery
3. Enhance nutritional knowledge
4. Enhance use of fish in their diets
5. Have fun while learning

### Youth Development Objectives

Participating young people and adults will:

1. Develop self confidence and self concept
2. Develop cooperation and communication skills
3. Enhance hand-eye coordination
4. Enhance basic survival and independent living skills
5. Enhance critical thinking and leadership skills

### Roles for Teen and Junior Leaders

1. Demonstrate techniques and procedures
2. Lead small preparation groups
3. Assist less experienced youth as needed
4. Supervise safety practices
5. Serve small portions during the tasting exercise

**Best Time:** Any time, best as fishing wrap-up

**Best Location:** Any safe cooking area

**Time Required:** 1 to 3 hours, depending on group size, techniques, assistance available, experience and pre-preparation

### Equipment/Materials

*Checklist for Fish Cookery Lessons*

*Selected Recipes*

*Fish Selection and Nutritional Information*

### References

*McClane's Standard Fishing Encyclopedia*, A. J. McClane, ed., Holt, Reinhart and Winston, NY 1972

*Joy of Cooking Cook Book*, I. S. Rombauer and M. R. Becker, Bobbs-Merril Company, Indianapolis, IN, 1964

*Wilderness Cookery*, B. Angier, Stackpole Company, Harrisburg, PA, 1961

*Cooking Over Coals*, M. Marshall, Winchester Press, New York, 1971

*Outdoor Cook's Bible*, J. D. Bates, Jr., Doubleday and Company, Garden City, NY,

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6. Assist with set up and arrangements
7. Discuss favored fish dishes with the group
8. Assist in preparation activities as needed

1963  
*Dr. Dean Ornish's Program for Reversing Heart Disease*, D. Ornish, M.D., Random House, New York, 1990

#### Potential Parental Involvement

1. See "Roles for Teen and Junior Leaders" above
2. Provide teaching/cooking sites
3. Provide necessary equipment
4. Support teen leaders in preparation groups
5. Provide fish/ingredients for the dishes being prepared
6. Demonstrate favored cooking techniques
7. Assist in preparing the taster's meal
8. Provide accompanying dishes for taster's meal
9. Discuss personal experiences in fish cookery

#### Evaluation Activities/Suggestions

1. Use interactive instruction throughout
2. Observe cooperation and participation in group activities
3. Review group activity outcomes
4. Comments and discussion following tasting session

#### Safety Considerations

1. Check for any known food allergies among the participants. Know the signs of allergic reactions and be prepared to transport anyone with a severe reaction to suitable medical care.
2. Teach and practice food safety (handling, temperature control, potential for cross contamination, personal hygiene) at all times.
3. Teach and practice safety around fires, hot oil, and other hazards associated with cooking.
4. Be sure any outdoor cooking fire is contained properly and that fire fighting materials are at the cooking site.
5. Have ice available as an immediate treatment for minor burns.
6. Have a well stocked first aid kit on hand and know how to use it.
7. Consider teaching individual lessons to teen leaders or adult volunteers before they assist in teaching the members.

#### Lesson Outline

**Leaders' Note:** This lesson can be taught as a single lesson with group participation or as a series of lessons involving the entire group. Access to equipment, age and experience level, location, and time available all influence that choice. One effective method of presenting the lesson in a workshop setting is to train junior and teen leaders in the techniques, then have each teen leader instruct a small group of participants in the cooking process. While this lesson looks like it lends itself to demonstration-discussion techniques, the members will learn much more using hands-on activity. Careful pre-preparation can reduce the time commitment considerably.

#### Presentation

- I. Fish as food
  - A. Excellent source of protein
  - B. Low fat
  - C. Wide variety of flavors
  - D. Many cooking techniques
  - E. Fish consumption advisories
    1. Contaminant advisories
    2. Minimizing contaminants
    3. Pregnant women and young people

#### Application

Ask participants to **DISCUSS** some of the ways they have eaten fish or the kinds of fish they have eaten. **NOTE** that fish are a healthy form of protein that can be cooked in a many different ways.

If any fish advisories are in the area, **NOTE** them and **DISCUSS** their implications. **NOTE** any ways that contamination can be reduced.

## II. Fish selection and information

### A. Matching method to fish

1. Fatty fishes suitable for dry methods
2. Most fishes suitable for moist methods

### B. Method affects quality of product

## III. Fish preparation methods

### A. Baked fish - dry method of cooking

1. Moderate oven (350-375EF) - preheated (450-500)
2. Thick fillets - fatty fish - skin on
3. Whole
4. Stuffed - whole or fillets

### B. Braising 1. Moderate (375) to very hot oven (425-

- 450EF) - dry or semi-dry
2. Baked in stock, not submerged
3. Baked uncovered or lightly covered
4. Thin or small fillets
5. Lean fish

### C. Planked fish

1. Fillets or butterflied fish
2. Fish cooked and served on a wooden plank - dry method of cookery
3. Indoor (baked) or outdoor (broiled) preparation
4. Fatty or lean fish

5. Plank soaked in water 30 minutes, warmed in oven and treated with oil
6. Fish placed on plank skin side down
  - a. Season to taste
  - b. Cook until opaque and flaky
7. Garnish with vegetables
8. Serve using plank as serving plate
9. Outdoor method

### D. Broiled or grilled

1. Direct, dry heat
  - a. Broiler in oven
  - b. Coals for outdoor preparation
2. Fatty fillets or steaks
3. Small whole fish
4. Lean fillets with basting
5. Not good for thick cuts - cooks unevenly

### E. Pan fried or sauteed

Briefly **DISCUSS** matching cooking methods to the fish, testing for freshness, and nutritional information. (See *Fish Selection and Nutritional Information*)

**Comments:** The oven rack should be in the center of the oven. Bake uncovered. The larger, the thicker the fish - the lower the temperature and the longer the cooking time. The smaller, the thinner the fish - the higher the temperature and the shorter the cooking time. Check frequently for doneness. **Don't OVERCOOK!**

**NOTE** that the same conditions apply for braising as for baking above.

**Comments:** Same as above except preheat oven and plank at higher temperatures and reduce heat when placed in oven. Additional basting may be needed for lean fish and attention to cooking time and doneness for smaller or thinner cuts. If they are available, show examples of specialized cooking boards for making planked fish, noting that the grooves are designed to capture and hold any juices that are produced as the fish cooks. If not available, show plank and shallow pan.

**NOTE** that the seasoning process must be repeated every time the plank is used for cooking.

**WATCH** the fish to avoid overcooking. Done when opaque and flaky.

**REMIN**d participants that woods like cherry and willow may have a bitter flavor that will strike through the fish (particularly if the wood is green), while maple or ash is almost flavorless. If the wood is to be covered with foil any type of wood and be used, including resinous woods like pine or spruce.

**SHOW** participants broiler trays, wire broiling baskets, skewers or any other specific broiling equipment. **REMIN**d participants trays, baskets, grills (cooking surfaces or holders) should be oiled thoroughly to prevent sticking, and oven and cooking utensils should be preheated before putting seasoned fish in/on for broiling. Also **REMIN**d them that small delicate fish and lean cuts should be cooked at greater distances from the heat source and basted frequently. **AVOID** very thick cuts of fish since broiling tends to make the outside leathery and the inside is barely warmed.

1. Large, heavy gauge, hot skillet
2. Butter, margarine or cooking oil
  - a. Butter or margarine at foaming stage
  - b. Oil about 1/8 inch deep
  - c. Peanut oil or canola oil preferred
3. Brown fish on both sides
4. Small, whole or pan-dressed fish
5. Small or thin fillets
6. Plain, floured or battered

F. Deep fat frying

1. Popular method for many types of fish
2. Hot cooking oil (360-380EF)
3. Fish completely submerged in hot oil
4. Use fryer or deep pot with wire basket
5. Smaller pieces or small whole fish
6. Seasoned corn meal or flour
7. Corn meal/flour batter
8. Tempura batter

G. Poached, steamed or boiled fish

1. Poached
  - a. Pre-heat cooking medium
    - 1) Court bouillon
    - 2) Salted water
    - 3) Tomato juice
    - 4) Milk
  - b. Submerge on perforated rack
2. Steamed
  - a. Not submerged
  - b. Liquid in bottom of pan
  - c. Fish on rack above liquid
  - d. Fish cooked in steam
3. Boiled fish
  - a. Covered pot or kettle with rack
  - b. Fish kettle designed for this purpose
  - c. Submerge in medium
  - d. Simmer about 10 to 30 or 40 minutes
    - 1) Consider size
    - 2) Consider thickness
4. Save stock for other dishes

H. Soups, stews and chowders; fish cakes, casseroles and other dishes

1. Many outstanding types
2. Most fish suitable
3. Fish may be precooked by an above method or added raw in cooking process

I. Salads

1. Poached or steamed fish; boned and chilled
2. Many salad types

IV. Let's get to it!!!!

- A. Divide participants into cooking groups
  1. Assign teen or junior leaders to groups

**CAUTION** participants about care and techniques useful to prevent spattering and burns. **SUPERVISE** young or inexperienced members carefully - one on one.

**DEMONSTRATE** cooking one first before participant does one. **STRESS** and **PRACTICE** all safety procedures. **CONSIDER** using safety goggles for younger members.

**SHOW** participants related equipment and tools and **EXPLAIN** their use. **USE** a thermometer, wire basket or slotted skimmer for emersion and removal. **STRESS** safety and demonstrate as above.

**SHOW** participants poaching equipment and **DEMONSTRATE** how it is used. If available **SHOW** various fish poaching kettles specifically made for this method of cookery. **EXPLAIN** various cooking mediums and ways poached fish may be used and served and uses of stock.

Have participants **DISCUSS** various recipes they enjoy. **SHARE** any other methods or dishes that are unusual or interesting.

**ENCOURAGE** participants to use a cooking method they've not tried before.

**DISCUSS** ways of preparing and serving fish. See *lesson narrative* for suggested activities with kids cooking fish.

2. Provide materials and ingredients for task
- B. Intervene ONLY if necessary
  1. Promote kids cooking
  2. Watch safety
  3. Assist as required
- C. Follow time plan
- D. Participants run the show
  1. Cook and prepare
  2. Serve and EAT!
  3. Clean up

**PROVIDE** recipes, necessary ingredients, cooking utensils, etc; but let the kids get what they need for their dishes. **REFRAIN** from "helping" too much! **REMEMBER** we all learn more by actually doing than by hearing and seeing someone else do it.

**.Leaders - Don't rob participants of the joy of owning what they are learning. Even the clean up chores will be fun unless we tell them otherwise!**

- V. Feast time
  - A. Arrange side tables attractively
  - B. Provide side dishes and drinks
  - C. Enjoy a taster's feast

**REMEMBER** to compliment the chefs and the anglers on their catch, cooking and hard work!

### Summary Activity

If a variety of fish cookery methods and types are included in your lesson presentation or workshop, finish it with a taster's feast. Serve the various dishes in small amounts to allow all the participants and adults to sample each dish. Develop critique cards that will allow each person to evaluate their impressions of the dishes they sample. Summarize the comments and present them at a later meeting.

### Lesson Narrative

Fish cookery is an exciting and rewarding skill to add to a person's culinary skills. There are a number of ways to introduce a novice to learning these no matter the age, skill level, experience, or location. Fish cookery can be done as a single lesson or can be stacked with a series of lessons or piggybacked with other activities. If fish is to be purchased for cooking, comparison shopping of fresh, frozen, canned, etc., nutritive values as a source of protein and price compared to other meats and a variety of lessons can be added. If the fish you are cooking are the ones you have caught, even better! Lessons can be added on cleaning your catch, various ways for preparing it for cooking, etc. Whether you are out on a club fishing or camping trip, or at home there are a few basics to follow. Care should be taken in the selection, handling and preparation of fish for freshness and flavor. These will be covered in greater detail later.

Fish lend themselves well to a variety of cooking methods.

- baked - suitable for any size or cut
- planked fish - elegant for whole fish
- broiled or grilled - for fillets and small whole fish
- pan-fried - for small game fish; trout, perch, sunfish, and crappies
- deep fat fried - perfect for fillets
- poached fish - for steaks and large pieces of fish
- steamed fish - for steaks and large pieces of fish
- soups, stews, chowders, and salads

All these cooking methods are adaptable to indoor or out-door cooking, whether over a grill on a deck or back yard, at a nearby park, or at some campsite or stream side, lakeside or seashore. Whether broiled, baked, steamed, or poached, fish is an excellent quick-cooking, low-calorie main dish. To determine which cooking method to use, check the fat content of the fish. "Fat" fish have oil throughout the flesh; "lean" fish have a drier flesh. Fat fish can be broiled or baked because their fat helps keep them from drying out during cooking. Lean fish generally are steamed or poached to keep the flesh moist. However, lean fish can be baked or broiled if basted with a little melted butter, margarine or a marinade.

The size of the fish pieces also helps determine the cooking method. Thin fillets are best broiled, whereas thicker steaks and pan-dressed fish are better when they are poached or baked. During cooking, doneness is indicated by a change in flesh color from a translucent pinkish white to an opaque white. To check for doneness, place fork tines into the fish at a 45-degree angle and twist the fork. If the fish resists flaking and still looks translucent, it is not done. At the just-right stage, the fish will flake apart easily when the fork is twisted. It also will have a milky white color. If cooked too long, fish becomes mealy, tough, and dry.

Fish cooks VERY quickly, generally just a few minutes depending on its thickness, so careful attention needs to be given.

Probably the single most important factor in cooking fish is freshness! The fresher, the better!! The second most important is preparation by following safe handling practices - keep chilled, refrigerated or frozen; thaw in refrigerator or microwave; keep raw fish separate from other foods; wash hands before handling fish and wash working surfaces including cutting boards, utensils and hands after touching raw fish; cook thoroughly; keep hot foods hot and cold foods cold; and refrigerate leftovers immediately or discard. This applies whether cooking indoors or out.

### **Fish Preparation Examples and General Cooking Instructions**

**Baked Fish** - Baking is ideal for whole or stuffed fish which are to be cooked with skins on, or very thick cuts of fish such as steaks or very thick fillets which might dry out under direct heat. Small fillets of fatty fish and lean fish should be braised or broiled to retain their best flavor and texture. Baking can be done in a very hot oven for a short period, or a moderate oven (350-375) for a longer time, 15-20 minutes for fillets, 20-30 minutes for steaks, 10-15 minutes per pound for whole fish. Select pans to fit the size of the fish. A cooking rack may be useful, particularly for fatty or stronger flavored fishes. Lightly coat the pan and the rack with non-stick cooking spray or oil to aid in handling and cleaning. Thinner and smaller fillets may be cooked at higher temperatures for less time. Check frequently to test for doneness. For stuffed whole fish, lightly fill cavity 2/3 full with favorite stuffing (or see recipe fact sheet) and sew shut or fasten with skewers. For fillets, place stuffing between 2 pieces of fish and hold sides secure with toothpicks or skewers. Stuffed fish should be cooked at lower temperatures and longer times to insure thorough cooking.

**Braised Fish** - Braising is suitable for smaller fillets of fatty fish and lean fish. Follow directions for baked fish except bake in stock of some kind similar to poaching, but do not submerge the fish. Add a small amount of stock, tomato juice or stewed tomatoes, milk or water, season fish lightly and bake either uncovered or lightly covered. Onions, other vegetables and herbs may be added to the liquid. Increase cooking time slightly or heat liquid before adding.

**Planked Fish** - Planking is an elegant method for whole fish or butterflied fillets! Find a suitable sized, splinter-free, hardwood plank, bread board or find a suitable sized, splinter-free wooden platter. Soak plank in cold water for about half an hour; put in a moderate oven for 5 minutes or so to warm it up; brush it liberally with a good cooking oil (plank is now ready for use and should be seasoned this way each time it is used). Place whole fish, fish fillets, or butterflied fish on plank, skin side down; spread with melted butter; add salt and pepper and any herbs. Bake or roast in a very hot oven (450-500) for about 5 minutes; reduce heat (350-400) and cook until done (test flaking with a fork) 15 or 20 minutes more (depending on thickness of the fish). Place under broiler for a couple of minutes if not brown enough. Remove plank, garnish with vegetables, more melted butter plus parsley or other herbs and serve using the plank as the dish. If the plank has no drain trough or a depression to catch the juices, it should be put in a shallow pan to catch the juices. For outdoor cooking, use a clean, sweet hardwood plank several inches thick, or any handy slab, shake or other piece of wood of suitable size, sheathing the working side with aluminum foil. The wood should be slightly wider and longer than the split fish. With the skin side toward the back, nail the opened flattened fish to the plank. Spread with butter or cooking oil. Salt and pepper. Prop the planked fish near the fire, turning and basting it occasionally to be sure the fish broils evenly at proper heat. Fish is ready as soon as it is flaky. Use the plank as a plate.

**Broiled or Grilled Fish** - Broiled or grilled fish is cooked over or under direct, dry heat. This method is great for fatty fillets or steaks. Lean may be used with basting. Fish to be broiled / grilled can be left whole, split, or filleted.

Use a broiling tray, grill or wire basket; oil thoroughly. Heat oven and pan before putting in the fish so it cooks evenly. Season fish and broil. Small delicate fish can be broiled, but lean cuts should be cooked at a greater distance from the fire and basted with some complimentary sauce, butter or oil. Avoid very thick cuts of fish since broiling tends to make the outside leathery while the inside is barely warmed.

**Pan-frying or Sauteing Fish** - Pan-fry in a large, hot skillet with shortening or a good cooking oil (1/8 inch deep) or a little butter or margarine which has been brought to the foaming stage. Sprinkle with salt and pepper, or with seasoned flour or dipped in batter. Cook over low or medium heat until golden brown. Turn carefully and brown other side, about 10 minutes in all. Drain on paper towels and serve hot. The sauteed skin should be crispy, not burned, and the flesh succulent. Avoid overcrowding and do not use a lid since this will cause steam and the skin will not crisp. If the fish contains too much moisture, the butter will spatter. (one reason not to soak fish in water before frying). Ideal for small fish and fillets. Serve with lemon or lime.

**Deep Fat Frying** - This is a popular method of cooking for many kinds of fish and is perfect for fillets. Heat cooking oil to 360 to 380F in a deep pot or fryer before adding the fish. The oil should be deep enough so that the fish is completely submerged. They will rise to the surface when cooked. A wire basket is useful for this process. Cook smaller fish or cuts at the higher temperatures. Before frying, fish should be dipped in milk then flour, dipped in batter, rolled in seasoned corn meal, or rolled in flour and then dipped in beaten egg and bread crumbs. Drain fish on absorbent paper and serve immediately. There are a number of fish batters and tempura batter recipes to try.

**Poaching/Steaming/Boiling** - These moist methods of cooking are great for steaks and large pieces of fish. Small whole fish or sections of fish are cooked submerged (for poaching or boiling) in a hot court-bouillon, salted water, tomato juice or milk. Add diced onions or herbs if you want and simmer in any suitably sized pot but a long fish kettle designed for this purpose is preferred for larger pieces. Fish kettles may be rectangular, ideal for large whole fish such as salmon, or diamond shaped for fish such as flounder, sole or turbot and have a perforated rack upon which the fish is placed. To prevent a whole fish from breaking while cooking and to aid in handling, wrap the fish in cheesecloth and secure to the rack. The fish will remain intact and flat. Barely cover with hot salted water, tomato juice or milk, or use any number of court-bouillon recipes found in any good cook book. The liquid must submerge the fish completely. Bring the liquid to a boil before adding the fish (the bouillon will cease bubbling for a minute, but when it boils again, reduce the heat), cover and simmer slowly. Depending on the size or cut of the fish, cooking time may be as little as about 10 minutes or as much as 30 - 40 minutes. Cook until the fish is flaky. Remove the fish and serve hot or cold. Steamed are not submerged but are cooked by placing rack with fish above boiling liquid and cook covered in the steam generated. If desired, thicken the remaining gravy by stirring in flour and margarine. An egg sauce is a particularly fitting accompaniment for fish poached in salted water. Melt 2 tablespoons of margarine in a separate pan. Blend in 2 tablespoons of flour. Gradually stir in 1 cup of milk and cook about 5 minutes or until the sauce is thick and smooth. Remove from heat and add 2 teaspoon salt, a sprinkle of black pepper. Add 1/4 teaspoon of paprika and 1 teaspoon of dried parsley for eye and taste appeal. Stir in 2 fine chopped, hard boiled eggs. Pour the hot sauce over the fish and serve. Small fillets are just barely covered with the liquid in a shallow pan and can be used as stock for fish chowders, stews, or bouillabaisse.

**Soups, Stews, Chowders, Salads, Fish Cakes, and Casseroles** - Poached or steamed fish, chilled may be excellent in salads. Experiment on your own or follow recipes in a good cook book. Soups, stews and chowders may be made from the strained bouillon of poached/boiled and boned fish or make base and add vegetables and hunks of raw boneless fish.

### **Let's Get To It!!**

This is where the fun really begins ! This is also where leaders should have it all pulled together, keeping a few key elements in mind and planning around them. A few basic questions are key.

1. What are the objectives? What are we trying to accomplish? Most importantly what are the kids expecting and what do they wish to learn?
2. How many participants will there be and how much cooking experience have they had?
3. What constraints are there (such as time, space, equipment, etc.) and how have they been factored in. (Rather

than being hindrances, these can be great tools in incorporating help from parents, volunteers, and others!)

There are a few other factors to keep in mind. It needs to be fun, it needs to be do-able, it needs to be challenging and most of all it needs to be hands on - **THEIR hands on**. Match the event with what you have and what you are trying to accomplish. Use common sense. If the group is small and has had little cooking experience, match the activity to that situation. Keep it simple. If the group is large and has great cooking skills, match that, too. Always make it challenging or a new learning experience, and you can always make it as complicated as you dare to try. The single greatest thing to remember is that people learn more by doing and the more hands on the group can participate in from planning to execution, the more they will get out of the event and the more they will "own it". This can be as simple as buying a few fish fillets and having a handful of nine year-olds cooking it in your kitchen or as extensive as a camp out, fishing expedition with a large club with a wide range of experiences and ages.

Once these elements and factors are determined we are now ready to begin. Divide the group, if possible, into cooking groups. Consider teaming beginners with slightly more experienced kids and having a teen or junior leader with each group for support. Other instructors should watch for safety problems or food safety problems, correcting them positively and early. Provide brief instructions on what they are going to do, demonstrating as needed. Each group will have recipe cards and any required materials. They will gather equipment for their project, divide the chores to be done, and prepare the dish according to the instructions.

It is vital that leaders only help **when and if they are NEEDED!** Taking over the learning experience robs the kids of ownership and learning. Hold back as much as possible, but be available to answer questions or provide support, while keeping a sharp eye for safety problems.

Try to stick to a time plan as closely as possible, letting the kids do the cooking, serving and clean up. Even this task will be fun if the adults fail to mention that it is work. Be prepared for some water flying and soap being applied to bodies as well as pots and pans.

### **Feast Time!**

Break out the side dishes and drinks, and arrange them on the table as the kids near completion of their cooking tasks. Arrange the food in an attractive manner. Encourage everyone to sample each dish, taking a taster's portions@ at least on the first visit. Enjoy the feast and encourage talk about what was learned during the event - cooking, fishing or everything at once. Use the discussion and observation as evaluation tools. Evaluate the recipes and cooking by having a taster's scorecard. Have everyone comment on the dishes they liked, what they learned about cooking, what they might want to try the next time, and anything else they might want to share.

Example: Our Woods and Waters Club planned an all day outing by a local lake. In it we included lessons on how to set up camp, several lessons on fishing, fish cleaning and of course we cooked all 3 meals over camp fires. There were also lessons on canoeing, boating, fly tying, lure building, camp fire building, orienteering and a number of other related subjects. The kids caught all the fish, cleaned them, prepared, and cleaned-up all three meals. We served fish for the meals and tried two or three different cooking methods for sampling at each meal, focusing on new or unfamiliar methods. We tried all kinds of things! Plus other relate foods like baking yeast bread in a dutch oven, bean-hole beans (digging a hole, add coals and burying a pot of beans to cook all day - they were fantastic!!)

### **Exhibit or Sharing Suggestions**

1. Prepare a dish for a food show using fish.

2. Prepare a fish meal for your family, using a method that is different from those usually used. Ask for their comments on the meal.
3. Prepare a taster=s meal as part of a National Hunting and Fishing Day activity, or at a similar event. Have people evaluate the dishes.
4. Give a demonstration on a fish cookery method.
5. Prepare a photographic story featuring fish from the water to the table and exhibit it at an appropriate event.

### **Community Service and "Giving Back" Activities**

1. Consider teaching about fish cookery and using locally caught fish to other youth groups or as an activity at a fishing derby or similar event.
2. Teach food safety or cooking safety to younger kids.
3. Participate in a water awareness program, showing people that what they put in the water at home is important to everyone, including the fish and people who might eat them..

### **Extensions or Ways of Learning More**

Explore ways to tie in with other county, district or state foods and nutrition programs. Consider making a grub box or camp kitchen as a wood working project. Investigate the fish that live in your area, and learn more about their life histories. Develop your own fish recipes and share them with friends. Let your imagination be your guide to doing more!