



Where Do Seafood Come From?

OBJECTIVE

Understand the origin of fish, molluscs and other seafood products, distinguishing between fisheries and aquaculture, and reflect on more informed and sustainable choices.

YOUR MISSION

Choose a seafood that you have recently eaten or that is in your home and find out where it comes from.

Step 1 - Identify the product

- Chosen product: _____
(e.g., sardines, hake, tuna, mussels, clams, shrimp)
- Consumption: ☐ fresh ☐ frozen ☐ preserves

Step 2 – Verify the source

Check the packaging, counter label or available information and record:

- Capture or production area: _____
- Country or region: _____
- Origin: ☐ fishing ☐ aquaculture ☐ I don't know

Step 3 – Imagine the trip

Reflect on the journey to reach your plate:

- Did it come from near or far?
- Think it was captured or produced recently?
- What means of transport do you imagine were used?



REFLECTION:

Step 4 – Conscious Choice

Tick what applies:

- Seafood of national origin
- European product
- Product outside Europe
- Common / seasonal species
- Less common species

FINAL REFLECTION

It answers the following questions:

1. What advantages can you have by choosing fish or seafood of closer origin or in season?

2. Does information about fishing or aquaculture influence your choice? Why?

FOODWISELAB TIP

Choosing seasonal seafood products of known origin and, where possible, responsible fishing or aquaculture, helps protect marine ecosystems and secure resources for the future.