



From the Sea to the Plate: How Is Fish Transformed?

OBJECTIVE

Understand how **fish** can be transformed from fresh form to the different products you consume, distinguishing **simple processes** from **more intensive** processes and reflecting on the impact of these transformations on health.

YOUR MISSION

Choose a **type of fish** that you usually eat and analyse the different ways it can be processed before it reaches your plate.

Step 1 – Identify the fish

- Fish chosen: _____
- Most common form of consumption:
☐ Fresh ☐ Frozen ☐ Canned ☐ Smoked ☐ ☐ Other

Step 2 – From fresh fish to the final product

Mark the steps you think are part of the transformation of the chosen fish:

- ☐ Aquaculture capture or production
- ☐ Evisceration and washing
- ☐ Filleting/cutting
- ☐ Refrigeration or freezing
- ☐ Cooking / grilling / frying
- ☐ Conservation (salting, smoking, canning)
- ☐ Packaging



Which of these steps alter the original fish the most? Why?

Step 3 - Degree of transformation

Rate the form of consumption you have chosen:

- ☐ Little transformed
- ☐ Moderately processed
- ☐ Very transformed

Justify your choice:

Step 4 – Health impact

Reflect and answer:

- Does this form of processing keep **fish as the main ingredient**?
- Are there any **added salt, oil, or other ingredients**?
- Which form of consumption seems most balanced to you for everyday life?

REFLECTION:



FINAL REFLECTION

If you had to choose between two ways to consume the same fish (less or more processed), **which one would you choose more often and why?**

FOODWISELAB TIP

Fresh, frozen plain or home-cooked fish is usually less processed. Canned foods can be useful, but they should be chosen with attention **to salt and type of oil**.