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# CHEF FISH CHALLENGE



*presents*

[www.decojovem.pt](http://www.decojovem.pt)

# Sustainable Recipes Challenge



# What is it?

***Chef Fish Challenge*** invites schools to create and ***cook recipes with fish and seafood on video.*** The recipes must raise awareness about sustainable consumption of fish while ***respecting the Ocean*** and its resources.



# For whom?

***Students*** from 1.<sup>st</sup> Grade to High School Senior Year and Professional Schools. In groups of 3 students and a **responsible teacher.**



# Materials?



# Strategic Objectives of the Challenge

- Promote the level of ocean literacy among young people and indirectly influence the community as a whole, inviting them to visit the website Knowing the Ocean of Ciência Viva;
- Raise awareness of the importance of changing behaviors in relation to the consumption of fish and seafood, for a more responsible and more sustainable way;
- Inform about the good practices applicable to the marine environment and its natural resources, economic and social potential and also the direct and indirect benefits the ocean provides to our country.
- Motivate consumers to practice a healthier diet with the correct consumption of fish and seafood products and to increase knowledge about basic safety and food hygiene.

## Minimum Objectives

50  
Sustainable  
recipes

150  
students





### THE 7 ESSENTIAL PRINCIPLES OF THE OCEANS

The ocean is part of the Portuguese socio-cultural identity, while being a vast area of resources, knowledge and arts. Taking as its starting point the 7 Essential Principles of Ocean, this e-book aims to present a comprehensive perspective of the Ocean and promote consideration on more sustainable behaviours.

Through each of these principles it is reminded the important role the ocean plays in life on Earth. The principles and notions of the Ocean can be addressed in school syllabus, from pre-school to the senior year of high-school. More information at: [Knowing the Ocean](#).

*"Ocean Literacy means understanding the ocean's influence on us and our influence on the ocean."*  
(Ocean Literacy, 2013)



Fig. 1 - The 7 Essential Principles of the oceans



Project by  
**DECO**



# E-book Contents

1. *The 7 Essential Principles of the Oceans*
2. *"Fish out of water"*
3. *Ocean under Pressure*
4. *To chose and to buy*
5. *To Conserve and to eat*

E-book Conception in collaboration with:



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