



LESSON 4

SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING SEAFOOD

INTRODUCTION

Seafood has become more popular and an important part of a diet. Some consumers lack confidence in their ability to select, handle, and prepare seafood. Lesson 4 will help consumers learn how to address these challenges.

Americans enjoy one of the safest food supplies in the world. Health risks still may be associated with some foods, or with the way seafood is handled, stored, or prepared. The vast majority of seafood in the marketplace is safe to eat. Overall, American shoppers can be confident the seafood they buy will provide a healthful meal. Most food safety experts believe improper food handling is the most important safety concern and the leading cause of foodborne illness in the United States. Seafood is one of the most perishable foods. Proper handling and preparation are essential to maintain quality and ensure safety.

Maintaining proper temperatures and preventing contamination of seafood by other foods or food contact surfaces are essential to preserve quality and ensure safety.

Preparing seafood can be quick, easy, and safe if you follow a few simple guidelines discussed in this lesson. Seafood can be called “fast food” when it comes to preparation.

Seafood is a diverse commodity. It can contribute many nutritional benefits to a healthy diet. Consumers have a role to play to ensure they handle and prepare seafood safely. Seafood is a smart food!