

Sustainable Seafood: Barriers and Opportunities in the Fishing Industry



A short online course



Co-funded by the
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Context

- Seafood is a daily source of nutrition for more than 3 billion of us and supports the livelihoods of around 1 in 10 people across the globe. But our seafood narrative is changing.
- As we've continued to intensify the exploitation of our oceans and waterways over recent decades, the impact of our seafood practices, policies and choices is more important than ever.
- With new technological and scientific advancements in fisheries, we now know that ocean supplies are not limitless, and our fisheries practices can have real, long-lasting impacts. Yet, our seafood demand continues to rise.
- From policymakers to consumers, we all have the collective means to reshape our seafood narrative by catching, producing, and eating more sustainably.

Solution

- To overcome this gap in knowledge and to reinforce behaviour change towards healthier and sustainable diets, EIT Food has developed a free short online course on nutrition targeting medical students and professionals.
- The course: “Sustainable Seafood: Barriers and Opportunities in the Fishing Industry”. It is composed of 12 hours of learning broken down in 3 modules.
- On this course, learners will look at:
 - what makes up a healthy diet and see what types of foods play a crucial part in preventing diseases.
 - the relationship between food and disease and get accustomed to nutrition counselling techniques.
 - the possible biological, social, and psychological causes of unhealthy eating patterns.
 - the importance of evidence-based nutrition both for human and planet health.

Contributors

- This course has been produced by FoodUnfolded®, in collaboration with experts from The Scottish Association for Marine Science (SAMS) and contributors from FishKlub and Hakai magazine.



A modern approach to learning

- Free learning opportunity
- Course available 24/7 to fit with busy lifestyle
- Content accessible on any connected device
- Short lesson in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encourage to reflect and join discussions
- Additional content added to each steps to further explore the topic



Course Syllabus

Week 1:

Defining sustainable seafood

Welcome to the course

Stakeholder's mapping

The growth of seafood demand and its impact

Seafood production and consumption

Review & reflect

Week 2:

Sustainable Seafood: Barriers

Welcome to Week 2

Barriers to sustainable wild-capture fisheries

Challenges of aquaculture management

Consequences of unsustainable practices

Review & reflect

Week 3:

Sustainable Seafood: An ocean of opportunities

Welcome to Week 3

Opportunities in the seafood industry

Improving fisheries management

Improving aquaculture management

Course summary

Week 1: Defining sustainable seafood

Welcome to the course

This first activity introduces the course topic and the educators.



- 1.1** Why this course [ARTICLE](#)
 - 1.2 Meet the Educators [ARTICLE](#)
 - 1.3** How much do you know about sustainable seafood? [QUIZ](#)
 - 1.4 Defining sustainable seafood [ARTICLE](#)
 - 1.5 Glossary [ARTICLE](#)
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Stakeholder's mapping

This activity explores the stakeholders involved in the seafood value chain.



- 1.6 The seafood value chain [VIDEO \(02:09\)](#)
- 1.7 Stakeholder's mapping [ARTICLE](#)
- 1.8 Your views [DISCUSSION](#)

Societal impact on communities

0 comments

The harmful consequences of overexploitation and ineffective management of fisheries are not only environmental, but also economic and social.

When waters become depleted of resources, coastal communities start to suffer.^[1]

How many people are dependent on fisheries & aquaculture?

In 2020, an estimated 58.5 million people were employed in the fisheries and aquaculture sector. Taking into account the number of dependents, it is estimated that around 200 million people rely on the fisheries and aquaculture sector for their livelihoods around the world.^[1]

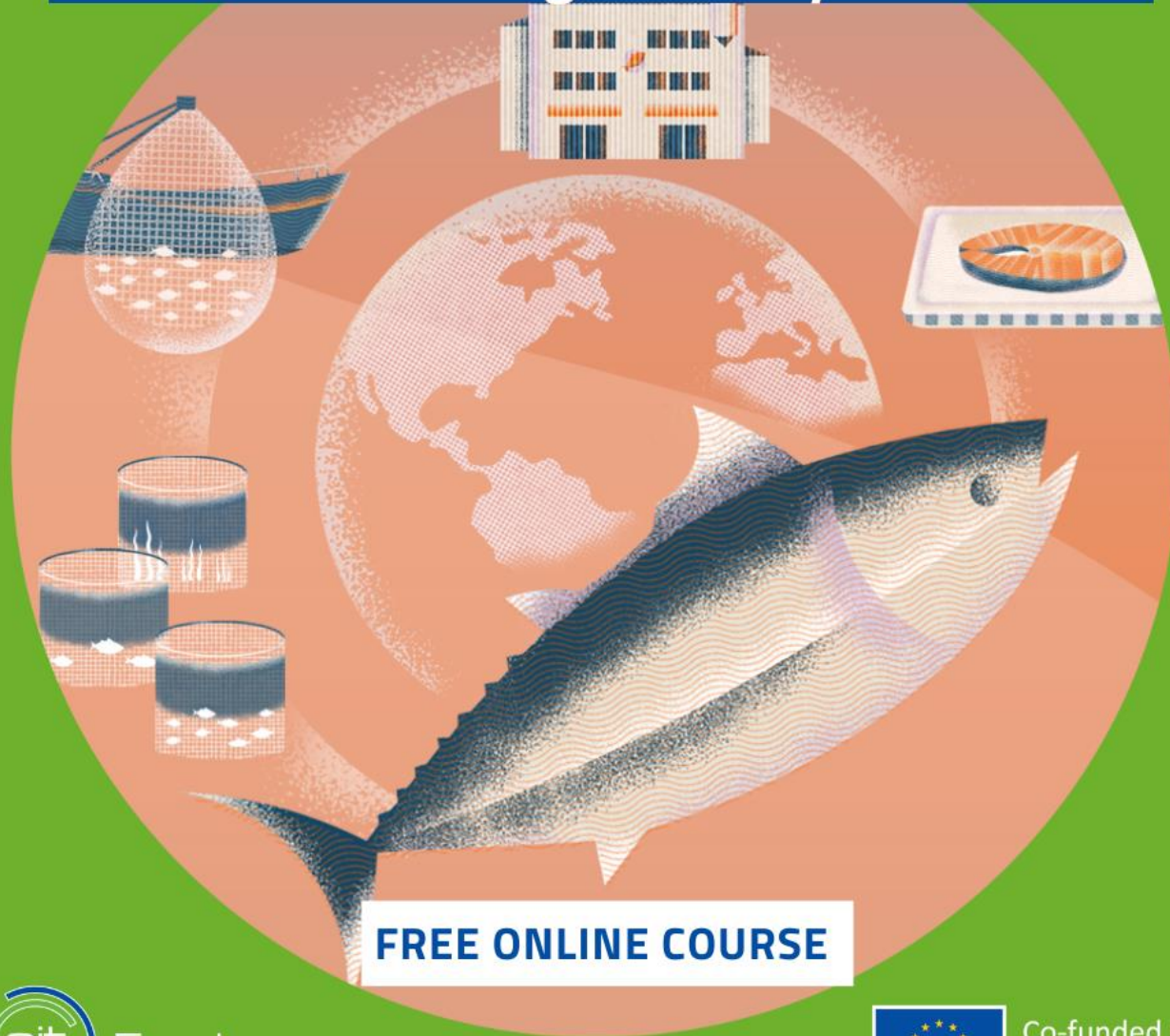
[View transcript](#)Download video: [standard](#) or [HD](#)

The seafood value chain

[0 comments](#)

What is involved in getting seafood from the ocean to our plates?

Sustainable Seafood: Barriers and Opportunities in the fishing industry



FREE ONLINE COURSE



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- Course available all-year round

- Link:

<https://www.futurelearn.com/courses/sustainable-seafood>

