

Nourishing the Future: Sustainable Food Systems for Nutrition and Dietetic Students

Module 4: Aquatic Foods, Nutrition, and Sustainability

Knowledge Check and Answer Key

Questions

Question 1

You are at a housewarming party talking about the latest nutrition trends. One of the guests tells you that they have started taking fish oil supplements because they can get all the benefits of seafood without having to eat it.

Which of the following is the best response?

- A. Encourage seafood consumption in addition to supplements because aquatic foods provide nutrients that promote brain, cardiovascular, and digestive health.
- B. Affirm their decision because fish oil supplements provide all the same nutritional benefits as seafood.
- C. Recommend that they stop fish oil supplements because they are a poor source of protein.
- D. Explain that fish oil supplements cannot substitute for real food, and so should never be taken.

Question 2

You are counseling a patient who is in her second trimester of pregnancy. During your session, she raises concerns about the impact of fish mercury content on fetal health, and so she is avoiding seafood products.

Which of the following is the best response to her concerns?

- A. Thank her for raising the issue, then share the benefits of aquatic foods on fetal health, such as healthy brain development. If she is interested, you recommend resources identifying species that contain less mercury and are safe to eat.
- B. Agree with her concerns about mercury and affirm her choice to limit seafood consumption as much as possible during her pregnancy.
- C. Discuss the benefits of seafood for pregnancy and fetal health to convince her that eating any seafood is safe.
- D. Reassure her that mercury exposure is only a concern in the first trimester, so eating seafood now will not affect fetal outcomes.

Question 3

You are working with a school food program to incorporate seafood into their menu options. They ask you about ways to introduce new foods that will be acceptable to kids.

Which of the following is the best response?

- A. Expand upon the health benefits of aquatic foods to emphasize that health is more important than taste preferences.
- B. Tell them not to even try because there are too many barriers to getting kids to eat fish. Instead, encourage the parents to serve seafood at home.
- C. Recommend adding aquatic foods to the menu gradually in familiar forms (e.g., mixed into side dishes or used as toppings) to increase acceptance.
- D. Suggest serving seafood as the only entrée option so that children become accustomed to it through repeated exposure.

Question 4

Which of the following is not a recommendation to help identify sustainable seafood options?

- A. Encourage consumers to explore sustainability labels (e.g., Marine Stewardship Council, ASC, Seafood Watch).
- B. Avoid all farm-raised seafood in favor of wild-caught species.
- C. Provide resources identifying seasonal species.
- D. Encourage consumption of smaller species lower on the food chain.

Question 5

A nurse tells you that the parents of a pediatric patient understand the health benefits of seafood but are concerned about its climate and environmental impact.

Which of the following would best address the parents' concerns?

- A. Discuss that different seafood species and production methods vary in their environmental impacts, then provide examples of sustainable options that support both health and climate goals.
- B. Tell the parents that individual food choices have minimal impact on climate change and that health should take priority over environmental concerns.
- C. Recommend eliminating seafood from their diet altogether and meeting nutrient needs through plant-based alternatives.
- D. Suggest focusing only on local seafood options, since locally sourced foods are always an environmentally sustainable choice.

Answer Key

Question 1

Correct Answer: A

See Section C

Question 2

Correct Answer: A

See Section C & D

Question 3

Correct Answer: C

See Section C & D

Question 4

Correct Answer: B

See Section C & D

Question 5

Correct Answer: A

See Section D

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