CHEF FISH CHALLENGE
DECO JOVEM presents

Sustainable Recipes Challenge

www.decojovem.pt
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 1st Grade to High School Senior Year and Professional Schools. In groups of 3 students and a **responsible teacher**.
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.
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:

APLM
Associação Portuguesa de Lixo Marinho