

# Message IN A BOTTLE!

The last word of the message was washed away! Guess another word for each word in the list of clues, and the letters in the blue boxes will give you the missing word of the message!



## Clues:

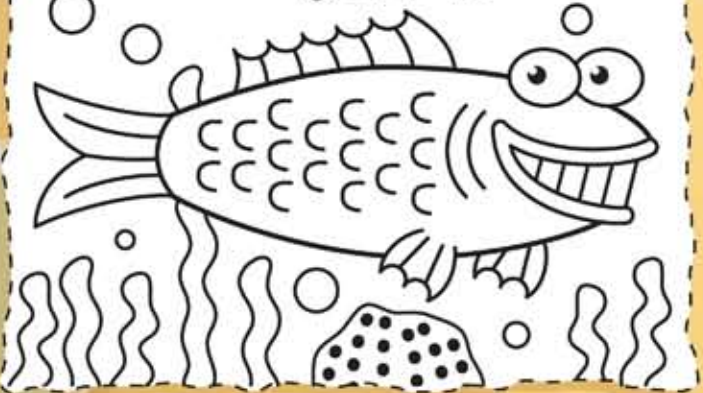
- 1 Glad
- 2 Simple
- 3 Everyone
- 4 Correct
- 5 City

## Answers

- 5 Town
- 4 Right
- 3 All
- 2 Easy
- 1 Happy

1				
2				
3				
4				
5				

## Color Me!



# CRUNCHY Baked FISH FINGERS!

(Wait! - Don't FISH Have FINS?)

## Ingredients

- 2 eggs • 3/4 cup milk • 1 cup flour • 1 tablespoon salt
- 1 teaspoon black pepper • 3 cups corn flakes cereal, crushed fine
- 1 pound Florida fish (grouper, snapper or mahi-mahi), cut into long strips 1" thick

## Directions

Preheat oven to 350° F. In a large bowl combine eggs, milk, flour, salt and pepper; mix well and set aside. Crush corn flakes in a food processor and put into a large bowl. Dip fish strips into batter and then roll into crushed corn flakes. Place on a cookie sheet in a single layer and bake for 15-17 minutes until cooked through. Yield: 4 servings.

## Nutritional Value Per Serving

Calories: 346, Calories from Fat: 39, Total Fat: 4g, Saturated Fat: 1g, Trans Fatty Acid: 0g, Cholesterol: 152mg, Total Carbohydrates: 44g, Protein: 32g, Omega 3 Fatty Acid: 0g

More activities can be found on our website at [www.FL-Seafood.com](http://www.FL-Seafood.com)

# LOBSTER MAZE ANSWER



## PLAY Find the FISH!

## Here's the answers!

Mullet 10 Cannonball Jellyfish 6

Red Snapper 14 Swordfish 23 King Mackerel 8 Mahi-Mahi 9 Clams 7 American Alligator 1 Spiny Lobster 20 Yellow Fin Tuna 26 Tilapia 24 Scallops 16 Spanish Mackerel 19 Stone Crab 21

Amberjack 2 Spanish Mackerel 4 Catfish 5 Amberjack 2 Yellow Fin Tuna 26 Mahi-Mahi 9 Pompano 12

Cannonball Jellyfish 6 Bluefish 4 Bluefish 4 Catfish 5 Yellow Fin Tuna 26 Mahi-Mahi 9 Striped Bass 22

Catfish 5 Bluefish 4 Tilapia 24 Shark 17 Pompano 12 Tilefish 25

Blue Crab 3 Red Grouper 13 Shrimp 18 Striped Bass 22 King Mackerel 8 Red Snapper 14 Mullet 10

Blue Crab 3 American Alligator 1 Oysters 15 Grouper 13 Rock Shrimp 15 Shark 17

Blue Crab 3 American Alligator 1 Oysters 15 Rock Shrimp 15 King Mackerel 8 Spiny Lobster 18 Rock Shrimp 15

Blue Crab 3 Clams 7 American Alligator 1 Oysters 15 Stone Crab 21 Scallops 16 Shrimp 20

# FLORIDA SEAFOOD FUN FACTS AND ACTIVITIES

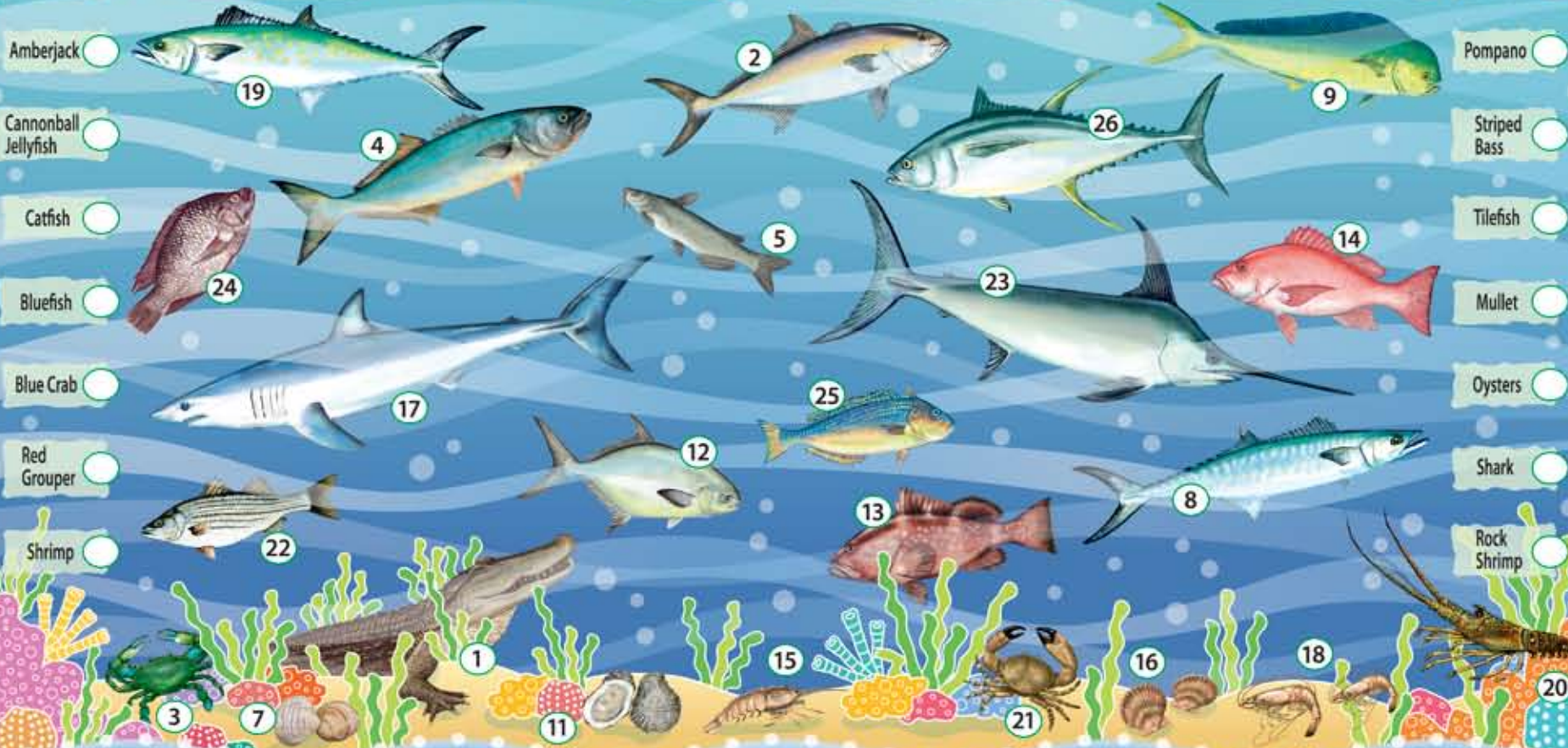


# PLAY Find the Fish!



**Do You** know the name of these Florida seafood species? Write the number of the picture next to the name that you think is correct. Then check your answers on the other side to see if you are a Seafood Identification Expert!

- Red Snapper
- Swordfish
- King Mackerel
- Mahi-Mahi
- Clams
- American Alligator
- Spiny Lobster
- Yellow Fin Tuna
- Tilapia
- Scallops
- Spanish Mackerel
- Stone Crab



Florida clams are placed in protective nylon mesh bags to grow in the ocean. This is an example of aquaculture!



Could you scoot over please?



[www.FL-Seafood.com](http://www.FL-Seafood.com)

In Florida, shrimp are harvested with cone-shaped nets, towed along the bottom in waters near shore. The nets have doors to let turtles out.



I am NOT a Shrimp!

# THE LOBSTER MAZE!



Please HELP Me! A strong storm current carried me away from my home on the reef! Show me the way through this coral maze to get home!



# Find The Words!

Bass Clam Crab Grouper Lobster Mahi  
Oyster Shark Shrimp Snapper Tuna

B	S	N	A	P	P	E	R
A	L	C	L	A	M	G	O
S	S	O	U	O	A	T	Y
S	H	D	B	Z	H	U	S
C	A	R	P	S	I	N	T
R	R	B	I	R	T	A	E
A	K	V	H	M	C	E	R
B	G	R	O	U	P	E	R

To find the answers, visit our website at [www.FL-Seafood.com](http://www.FL-Seafood.com)

# FLORIDA Seafood Facts

Florida has 1,197 miles of coastline. Seafood is a very important part of our state's heritage and economy. The Florida fishing industry is also very valuable to the United States.



Seafood is good for you. It will help you grow up to be strong, healthy and happy.



Flounders have both eyes located on one side of the head, but they are not born this way. During their lifetime one eye migrates to the other side so that both eyes are on the upward-facing side of its body.

