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:

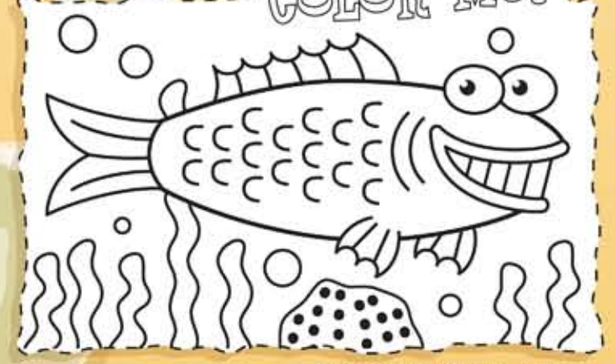
1. Glad
2. Simple
3. Everyone
4. Correct
5. City

1				
2				
3				
4				
5				

answers

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

Color Me!



DACS-P-1500 Rev. 03-2010

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.

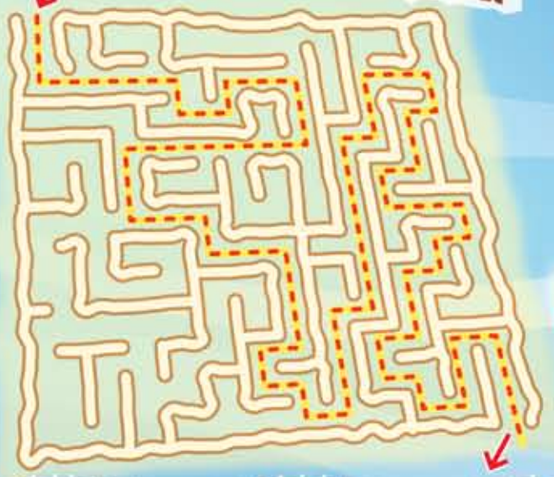
Nutritional Value Per Serving

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**

Lobster Maze

Answer



Florida Seafood Fun Facts and Activities

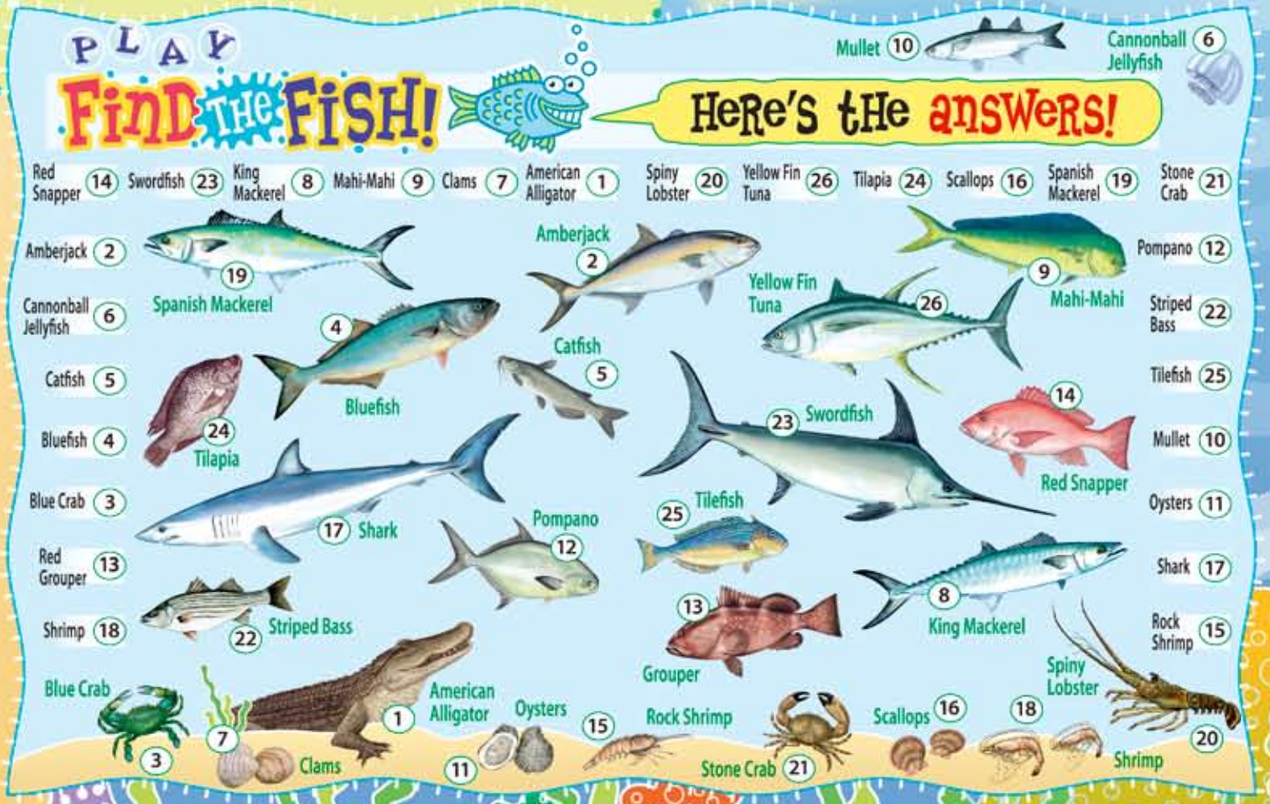
www.FL-Seafood.com

Florida Department of Agriculture and Consumer Services

Fresh from Florida

Play Find the Fish!

Here's the answers!



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!

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

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**

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.