An ocean is part of the large expanse of salty water that makes up the World Ocean.

A sea is an area of the World Ocean that is partly or completely enclosed by land.

Our oceans breathe - Carbon dioxide in - oxygen out! Oceans help to capture and store carbon dioxide (CO₂) trapping about ¼ of the CO₂ that humans put into the air.

Half of the world's oxygen is produced by plankton! Just like trees and other plants, phytoplankton (tiny plant-like organisms) in the ocean release oxygen.

The average temperature of the ocean is between 2 and 3 degrees Celsius.

The polar seas can be as cold as -2 degrees Celsius while the Persian Gulf can be as warm as 36 degrees Celsius.
We eat more than 15,000 double decker buses full of seafood in the UK every year.

Our fishermen catch more than 150 different species but most people only eat 5 – cod, haddock, tuna, salmon and prawn. These 5 species are fished much more heavily than most other species.

Action – Why not try something different?
There are lots of yummy species in the UK and trying something new will take pressure off the top 5 species.

Just like cows, sheep and chicken, fish can be farmed!

Fish are farmed in big pens in the water or in ponds. Farming fish could be a way of taking pressure off wild fish stocks, but it can also put pressure on the environment.

Fish can be farmed too

This is a salmon pen - these pens float in a line in the sea each containing thousands and thousands of salmon. They are fed on special food made from little fish captured in the wild, until they are big enough to harvest.

Can you match the fish to the foods you buy in the shops?

- cod
- haddock
- mackerel
- tuna
- pollock
- salmon

Solution to 'Can you match' can be found on page 35

Next time why not have pollock instead of cod fish fingers?

We also buy farmed fish from other countries where they grow different species in warmer waters. We buy lots and lots of prawns from warm countries like Indonesia, Vietnam and Thailand.

Fish fingers fish and chips canned fish fish cakes

Shellfish, like mussels, can be farmed attached to ropes suspended in the water.

Some fish, like trout, are grown in ponds.