



**Activity title:** "The Ocean, a pantry and a medicine cabinet"

MEMORY

Dark blue pack of cards

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**Audience:** Family

**General goal of the activity:** Get the participants to realise that the ocean helps feed and take care of us

Sequence and place	Specific goal	Message	Discovery process or activity	Learning style	Material or object to be shown	Length
Introduction after throwing the dice and showing the picture: "The Ocean, a pantry and a medicine cabinet"	<ul style="list-style-type: none"> <li>. Make the participants want to discover a service rendered by the Ocean.</li> <li>. Motivate all the participants.</li> <li>. Make them curious</li> <li>. Encourage questioning in the group</li> </ul>	<p>Welcome! I want to help you discover the benefits that the Ocean brings us.</p> <p>We chanced on this face of the dice bordered with dark blue.</p> <p>What does it evoke for you?</p>	<p>Get one of the participants to throw the giant dice.</p> <p>Ask the participants about this "beneficial effect" of the Ocean.</p> <p>Start the Memory game.</p> <p>Pack of cards bordered with dark blue.</p>	Playful Exchange of views	The dice + picture	30 sec
Presentation of the "Memory of the sea" game.	<ul style="list-style-type: none"> <li>. Make the participants want to play the game to find the answers</li> </ul>	<p>We are going to look at this together.</p> <p>Do you know how to play the "Memory" game?</p> <p>We're going to link up a resource from the sea with its utilisation.</p>	<p>Place 10 cards face down on the table.</p> <p>The first player turns over 2 cards. Then the second player turns over 2 cards, and so on.</p> <p>When a player finds 2 cards that are related (colour code or common drawing), that forms a pair, they are placed on the side, face up.</p> <p>And so on until the 5 pairs have been found.</p>	Playful	10 cards bordered with dark blue	1 min

<p>Developing the Memory game allows us to imagine how the Ocean can feed and cure us</p>	<p>Present the information gradually as you discover the cards</p>	<p>1- Fish: fish count for 17% of the animal protein consumed worldwide. Demand is growing and the fish stocks are diminishing.          Aquaculture farms for fish and shellfish farming: aquaculture represents 20 % of our consumption of sea produce in Europe and makes it possible to manage the fish stocks in a more sustainable way.          2- Seaweed: increasingly consumed as food (many seaweeds contain proteins, dietary fibres, vitamins, minerals and amino acids), and used in beauty products. They can also be found in various foods because they provide texture (sweets, jams).          3- The produce of the sea contain proteins, vitamins, minerals, omega 3 and fatty acids essential for our health: for our muscles, heart and brain, and help prevent the development of certain illnesses.          4- Marine organisms contain molecules that make it possible to create medicines that are increasingly being used to treat certain cases of Alzheimer's disease, cancers and chronic pain. 91% of marine species have yet to be studied and will perhaps provide the key to curing certain diseases.          5- Mineral resources (salt, oil) also contribute to our wellbeing (salt marshes and salt pans).</p>				<p>5 min</p>
<p>Conclusion</p>	<p>Sum up what we have just discovered in one key sentence.</p>	<p>The Ocean provides us with an essential source of protein (17% of all the proteins consumed in the world). There are also new sources of food: seaweeds. Health benefits: proteins, fibres, vitamins, minerals, omega 3 which is good for the heart and brain.          91% of the marine species (whether of animal or plant origin) have yet to be studied in terms of our health. Some contain the key to certain remedies for combating our illnesses or enter into the composition of cosmetics.</p>				<p>2 min</p>
<p>Openings to the other benefits</p>	<p>. Invite the participants to discover other benefits offered by the Ocean</p>	<p>Realise that the Ocean also brings us many other benefits for our health!</p>	<p>Show the other posters on display (or faces of the giant dice) and invite the participants to discover another benefit of the Ocean.</p>	<p>Affective</p>	<p>Posters on display.</p>	<p>5 sec</p>

