

RECOGNISED FISHMONGER

MFS COURSE WORKBOOK

- updated September 2025

MASTER FISHMONGER STANDARD **■** 



## MASTER FISHMONGER STANDARD **■**

Fulfilment of this workbook should help you with build upon your existing knowledge of the following:

- Fisheries
- Aquaculture
- Fish and Shellfish Knowledge
- Preparation and Knife Skills
- Imports, Exports and Domestic Landings
- Customer Service
- · Handling and Processing
- Retail & Display
- Quality Assessment & HACCP
- Nutrition
- · Recipes / Cooking

Unless stated, one mark will be allocated based on one true and relevant answer. For example, if there are three marks available then three relevant and correct statements or answers should be given to obtain the full marks available.

#### Research

Within this workbook you will find links to important learning resources that will help you to complete your answers. Please ensure that you take the time to read or watch them, and reference them when possible to ensure that your marker understands where you have obtained your information from.

#### Good luck!

#### Acknowledgements

Many people have contributed to the preparation of this handbook by attending MFS working party meetings and by making detailed and constructive comments on the draft. Grateful thanks are due to all members of the MFS Steering Group for their help in the production of this publication.



## **Fisheries**

#### **LEARNING RESOURCES**

### Read:

'UK Seafood Industry: Fishing Data & Insight'

Fishing data and insight | Seafish

Fish and Season: Sustainable Fish Discover Seafood UK Relay - Discover Seafood

The Seafish Guide to Responsible and Sustainable Sourcing

<u>Understanding sustainability and</u> <u>responsible seafood sourcing (seafish.org)</u>

The Seafish Guide to Illegal, Unreported and Unregulated (IUU) Fishing

Illegal, Unreported and Unregulated fishing
— Seafish



# The Business of Fishing

1. How many active UK fishing vessels are there, and what is their total income? (2 marks) What is the total number of full-time and part-time fishermen employed in the UK? (2 marks) (Total: 4 marks)
2. What are the four main costs associated with purchasing your own fishing vessel? (3 marks)
3. What are the four main costs associated with operating a fishing vessel? (2 marks)
4. Name four reasons why more young people are not getting into the fishing industry? (2 marks)
5. Name six challenges associated with being a fisher? (3 marks)

# Sustainable Fisheries

1. Seafood seasonality refers to the natural variation in the quality of fish which are part of a natural breeding cycle. Sustainable fisheries will identify 'peak' season when the mature fish are best quality to eat out of breeding (spawning) condition and 'out of season' when the species are spawning. Explain two benefits and two challenges of purchasing seafood during 'low' and 'peak' season. (4 marks)
2. Name four harvesting methods generally regarded as more selective and environmentally responsible? (2 marks)
3. Can you name four major reasons why overfishing has occurred in the last 50 years? (4 marks)
4. Describe three measures which can be taken by a consumer to support 'sustainable fisheries and aquaculture'? (3 marks)
5. Name four problems with buying and selling illegally caught fish and shellfish? (4 marks)

## Gear & Equipment

#### **LEARNING RESOURCES**

Watch:

Beam Trawl Selectivity: https://www.youtube.com/watch? v=COeEq\_yQO1c \*2013

Read:

Selective Gear Technology for fishing

Selective gear technology for fishing | Seafish

Fishing Gear Database | Seafish



# Gear & Equipment

1. Describe three types of passive fishing gears. (3 marks)
2. Describe three types of active fishing gears. (3 marks)
3. What are the advantages and disadvantages of passive fishing gears? (4 marks)
4. What are the advantages and disadvantages of active fishing gears? (4 marks)
5. What is bycatch (1 mark), why is it a problem for conservation and fisheries (2 marks) and what changes are being put in place to prevent it? (3 marks) (Total: 6 marks)

# Gear & Equipment

## 7. Name the main type of fishing methods used to harvest the following species:

Species	Fishing Method
Mussel	e.g. Rope grown or seabed
Mackerel	e.g. Purse Seine / Hand Line
Haddock	
Cod	
Cockles	
Gilthead bream	
Salmon	
Seabass	
Crab	
Monkfish	
Scallops	
Tuna	



## Aquaculture

## **LEARNING RESOURCES**

Read:

Aquaculture - farming seafood

<u>Aquaculture - farming seafood —</u> <u>Seafish</u>

# Shellfish Association of Great Britain

The Shellfish Association of Great Britain



# Aquaculture

Name the four main bivalve species which are harvested in the UK (2 marks) and the five aquaculture techniques used. (3 marks) (Total: 5 marks)
2. What the four main benefits of shellfish production in the UK? (4 marks)
3. Where can shellfish spat harvested from? (4 marks)
4. What is organic aquaculture? What are two advantages and two disadvantages of this type of fish farming? (6 marks)
5. Describe how aquaculture falls into three broad areas. Briefly describe the processes involved in each area and provide an example of a farmed species for each area. (6 marks)
6. Explain the importance of aquaculture and mariculture in providing a viable
protein source. (4 marks)



# Fish & Shellfish Knowledge

### **LEARNING RESOURCES**

Read:

## **Commercial names of fish**

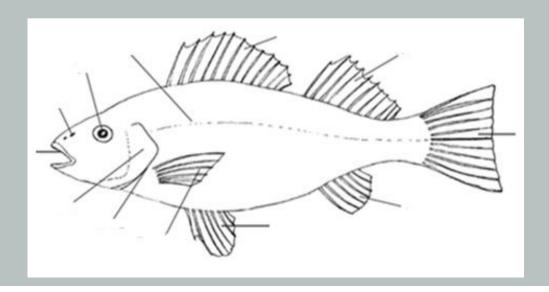
Commercial designations of fish: United Kingdom - GOV.UK (www.gov.uk)



## Fish & Shellfish Knowledge

1. What is a pelagic fish species? What are the characteristics of these fish species? (2 marks)
2. What is a demersal fish species? What are the characteristics of these fish species? (2 marks)
3. What are the characteristics of a benthic species? (1 marks)
4. What is the definition of a deep-sea fish? What are the characteristics of a deep-sea fish that makes it vulnerable to overfishing? (2 marks)

5. Complete the fish diagram with the names of each body part. (6 marks)





# Preparation & Knife Skills

## **LEARNING RESOURCES**

Cuts and portions
Direct Seafoods – fish cuts

<u>Fish Preparation | How Your Order Is Prepared</u> (directseafoods.co.uk)



# Preparation & Knife Skills

## 1. Complete the following table: (20 marks)

Cuts	Describe the cut, it's benefits and provide an example of a species that can be cut using this technique.
	Large round fish and large game fish; cod, hake, tuna, marlin, mahi mahi
Loins	Typical the thickest section of the fillet with the largest muscle blocks/ flakes
Pocketed fish	
Quarter-cut	
Steaks (darnes)	
Steaks	
(troncons)	
Butterfly fillet	
Paves	
Supremes	
Escalopes	
Canoe fillets	



# Imports, Exports and Domestic Landings

## **LEARNING RESOURCES**

#### Read:

The Seafood Guide: The UK Seafood Industry – An Overview

# UK Seafood Industry: supply chain overview

<u>UK seafood supply chain</u> <u>performance— Supply, processing,</u> <u>markets data - Seafish</u>

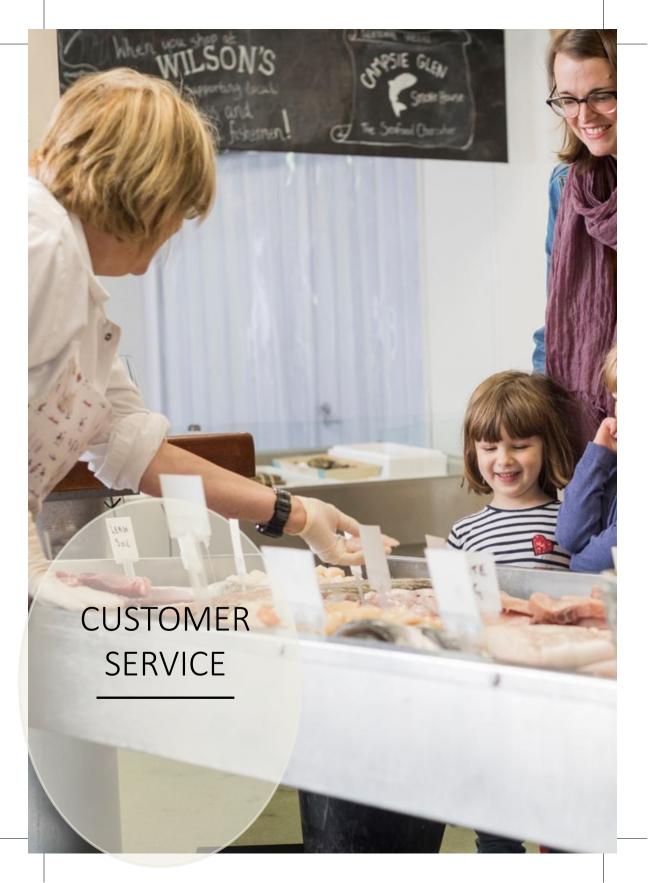
## **UK Sea Fisheries Statistics**

<u>UK sea fisheries annual statistics -</u> <u>GOV.UK (www.gov.uk)</u>



# Imports, Exports and Domestic Landings

marks)
2. Using the UK Sea Fisheries Statistics, name the top five domestically landed species by UK vessels (by volume) (2 marks)
3. Using the UK Sea Fisheries Statistics, name the top five domestically landed species by UK vessels (by value) (2 marks)
4. Name the top five imported species by volume into the UK. (2 marks)
5. What what are the four main countries the UK exports seafood to? (2 marks)
6. Why is transparency and traceability important when buying seafood? (3 marks)
7. Describe what is meant by an underutilised fish species? (1 mark)



## **Customer Service**

**LEARNING RESOURCES** 

Read:

Marine Conservation Society – Good Fish Guide

http://www.goodfishguide.org/

Direct Seafoods – What's in Season What Fish is in Season? - Direct Seafoods



## **Customer Service**

1. Describe four major impacts of poor customer service on a seafood business. (2 marks)
2. Describe the steps taken to open, conduct and close a sale. (2 marks)
3. When serving a customer what information could you provide about the product? (4 marks)
4. Why is it important to sell fish and shellfish that is of a high quality? (2 marks) What are the impacts on the industry of selling poor quality products? (1 mark) (Total: 3 marks)
5. State the importance of accuracy during filleting and the issues associated with poor accuracy including the impact on customers. (4 marks)



# Handling & Processing

## **LEARNING RESOURCES**

Watch:

**Seafish: The Business of** 

**Processing** 

https://www.youtube.com/watch? v=GPaorAYnFqY \*2015

## Read:

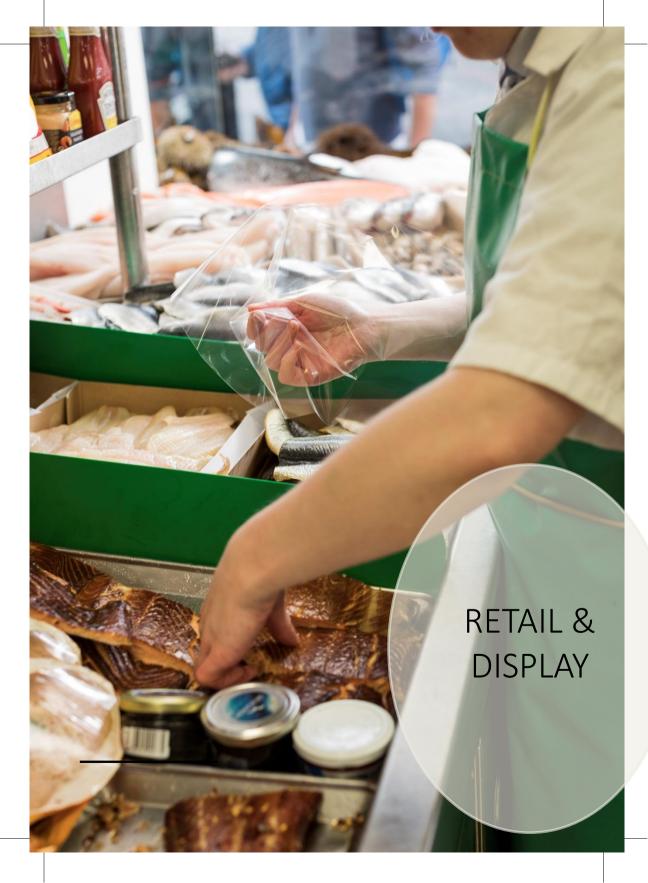
**Seafood Processing Industrydata** and insight:

Seafood processing data and insight | Seafish



# Handling & Processing

1. Describe what is meant by primary processing? (1 mark)
2. Describe what is meant by secondary processing? (1 mark)
3. List all the personal protective equipment needed for hand filleting. (2 marks)
4. List the tools and equipment for hand filleting. (2 marks)
5. State food safety procedures to meet legal and regulatory requirements for filleting fish by hand. (6 marks)
6. When purchasing seafood, what are the legal labelling requirements that should be stated on the packaging. (6 marks)
7. What are the challenges facing seafood processing facilities? (4 marks)



## Retail & Display

#### LEARNING RESOURCES

#### Read:

# Reference fish labelling Regulations 2022

<u>Food labelling: country of origin - GOV.UK (www.gov.uk)</u>

## **Seafood Freshness Quality**

<u>Seafood Guide | Fish Handling and Quality (seafoodacademy.org)</u>

## MCS - Buying Seafood

Seafood buying guides | What you can do | Marine Conservation
Society (mcsuk.org)

## FSA- How to store food safely

Storing and freezing food safely | Food Standards Agency



# Retail & Display

1. What design features should a seafood counter have? (3 marks)
2. Describe how to set up a seafood display in compliance with food safety and labelling regulations. (6 marks)
3. Describe how to maintain a seafood display in compliance with food safety and labelling regulations. (3 marks)
4. Describe how to dismantle a seafood display in compliance with food safety and labelling regulations. (4 marks)
5. When storing seafood overnight, what stock rotation and storage measures should be implemented? (3 marks)
6. Describe what type of seafood products need to be kept separate from one another, and the correct method to separate these products on a seafood display.  (3 marks)



# Quality Assessment & HACCP

### **LEARNING RESOURCES**

**Quality Assessment** 

Watch:

Seafood Quality Assessment Systems (videos 1 – 4) https://www.youtube.com/watch?v=9No0yWcQ78w&li st=PLjmL1YNydu1EKxilnxGWrJMaB\_5Gw9o2u \*2013

## **Seafish Training: Health and Safety**

https://www.youtube.com/watch?v=fzPbxBqfFis&list= PLjmL1YNydu1GzUti-rmjNtdjFbaXI5FTP \*2013

## **Sensory Assessment Scoresheets**

<u>Sensory assessment schemes - seafood</u> (<u>seafoodacademy.org</u>)

#### **HACCP**

#### Watch:

**Seafish Training: Hygiene in the Seafood Industry** https://www.youtube.com/watch?v=ZeBoQN4azxQ&list=PLjmL1YNydu1Gu6iNTYbdf05LAPE\_JNN2I



# Quality Assessment & HACCP

1. Describe the three stages of freshness. (3 marks)
2. Outline the main causes of fish/shellfish spoilage (2 marks)
3. Why might handling and temperature control impact fish/shellfish quality? (2 marks)
4. Why might the harvesting method impact fish/shellfish quality? (5 marks)
5. Name the three main assessment schemes used to determine fish/shellfish quality? (3 marks)

## **Quality Assessment & HACCP**

**Species name:** 

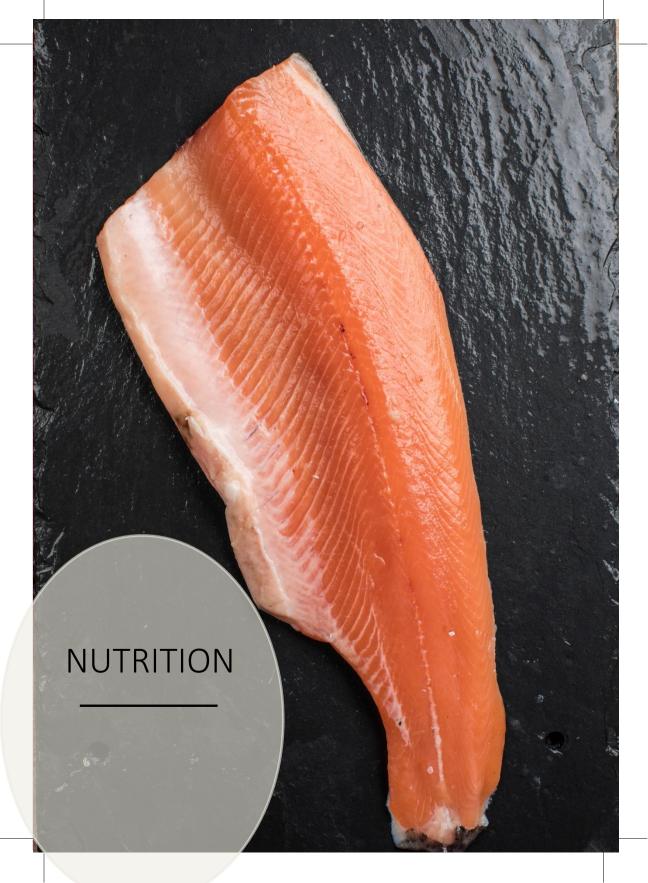
6. Using the Seafish Sensory Assessment Scoresheets, complete the following Assessment Recording Form at your place of work for one species: (14 marks)

Date of intake into your place of work:				
Origin: Harvesting method:				
Raw or cooked	:tnoa:  •			
Naw or cooker	··			
	Eyes	Skin	Texture / Effect of	
	Lycs	JKIII	Rigor Mortis	
Description				
Description				
5 ( : :				
Score (using TORRY or				
QIM)				
Q11-17	Flesh and Belly	Kidney and Blood	Gills:	
	Flaps			
			Appearance and	
			Odour	
Description				
Score (using				
TORRY or				
QIM)				

## **Quality Assessment**

7. Name each species, describe the quality, and say whether you would stock this product in your store.





## Nutrition

## **LEARNING RESOURCES**

Read:

Fish a food

Fish as food - Simple English Wikipedia, the free encyclopedia

Seafish – Health benefits Health benefits of seafood | Seafish



## Nutrition

1. Name three parts of the body that benefit from omega-3 fats? (1 mark)	
2. What nutrients do fish provide? Give some examples using white fish, shellfis and oily fish. (4 marks)	- h -
3. Name 8 varieties of oily fish (4 marks)	_
4. What are the names of the two omega-3 fats found mainly in fish? (2 marks)	_
5. If you sold fish cakes that contained cod, prawns, peas and mashed potato, dipped in egg and covered in breadcrumbs, which allergens would you need to declare by law. (2 marks)	

#### **Useful Contacts**

## **General Programme Enquiries**

The Master Fishmonger Standard UK Seafood Federation Prince Albert Gardens Grimsby DN31 3AT

www.masterfishmonger.co.uk

MFS Preparation Course and Examination Enquiries

info@masterfishmonger.co.uk



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