

# Our eating habits affect the Ocean



*The Ocean*  
**IS MY HOME**

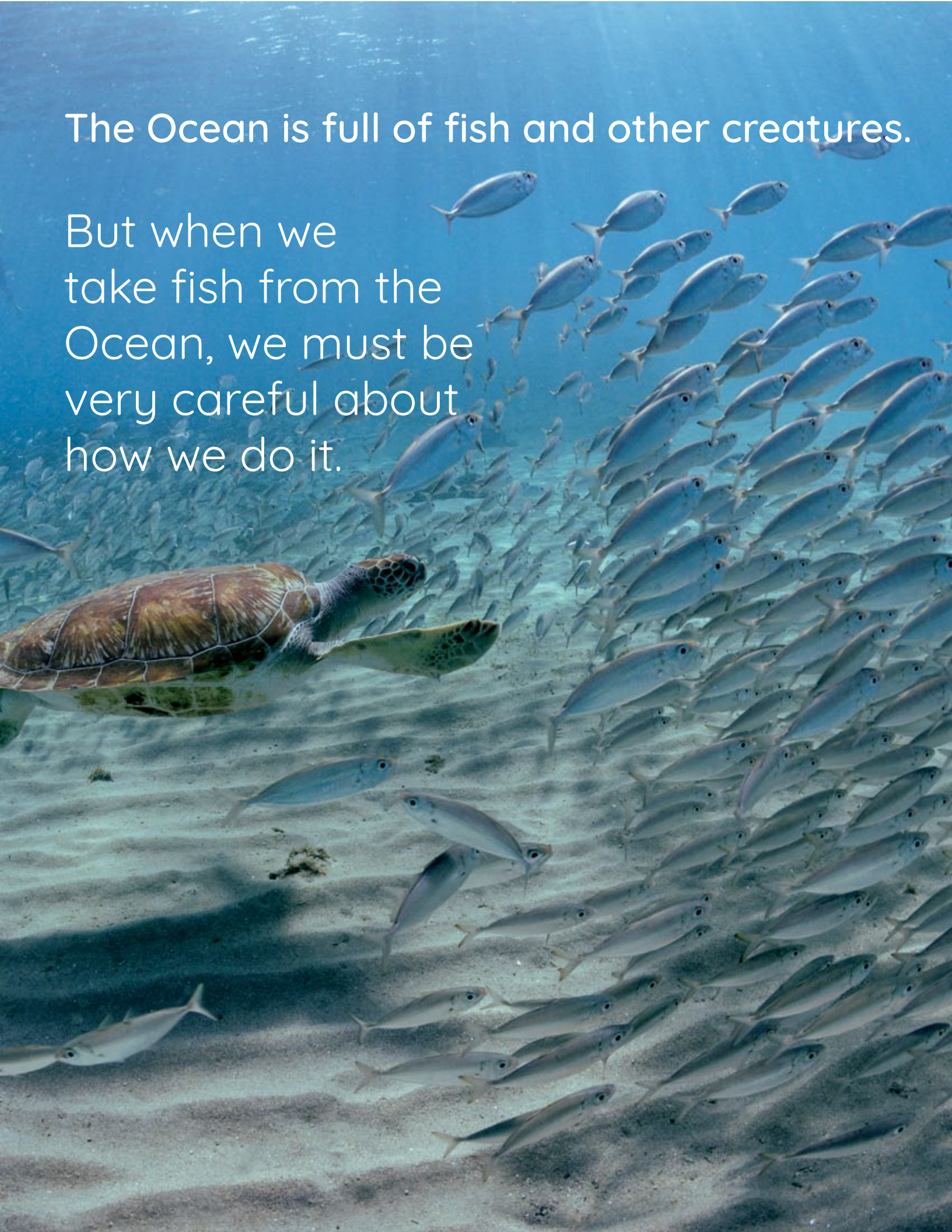
WORLD ENVIRONMENT DAY  
**DRAWING CONTEST**

Do you  
want fish?  
Ask where it came  
from.



The Ocean is full of fish and other creatures.

But when we  
take fish from the  
Ocean, we must be  
very careful about  
how we do it.



Some of them are healthy for us to eat.  
**And we love to eat fish!**

When your parents go shopping for fish at the grocery store, they should be sure that no other creature as well as the environment was hurt or damaged when the fish was caught.



An underwater photograph showing sunlight filtering through the water's surface, creating a shimmering effect. The water is a deep blue color, and the light rays are visible as bright, vertical streaks. The overall scene is serene and beautiful.

When this happens, it is called Overfishing, and it hurts our Ocean and affects all the beautiful animals and plants living there.

Overfishing affects life in general.

The Ocean and it's habitants depend on us and our choices to help them live healthy lives.

There are many ways of finding out where the fish we eat comes from.

This video shows you how.

<http://www.seafoodwatch.org/consumers>

