

SEAFOOD



Most sea creatures can be eaten., including some with an outer shell have to remove before getting to the soft flesh inside. This type of seafood includes lobsters, crabs, crayfish, prawns and shrimp, a smaller relative of the prawn. Others live inside a very hard shell that can be difficult to open, and these include oysters, mussels, scallops and periwinkles.

In some places the word shellfish covers both these kinds of seafood, but in others it only means the latter kind with very hard shells.

On the other hand, other edible sea creatures like the squid and the octopus have soft bodies and no shell, but long arms that help them move quickly through the water.

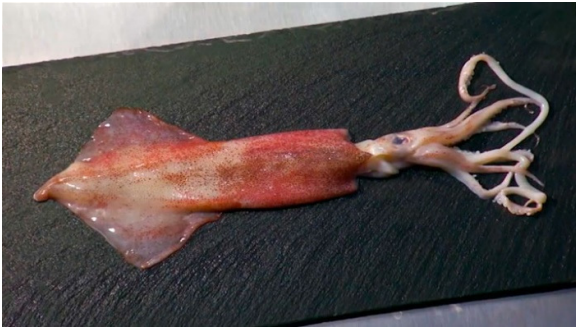
Fish eggs called roe can also be eaten, and one of the most high-class and expensive foods in the world is sturgeon roe, also known as caviar.

Sea foods are divided into fish, mollusks and crustaceans.

Molluscs

There are 85,000 species of mollusks, they mostly fit into the seafood/shellfish category.

Squid



Octopus



Cuttlefish



Snails



Mussels



Clams



Oysters



Scallops



Whelks



Cockles



Examples of types of crustacean also called seafood/shellfish.

Crab



Langoustine



Lobster



Crayfish



Krill



Barnacles



Shrimp



Prawn

