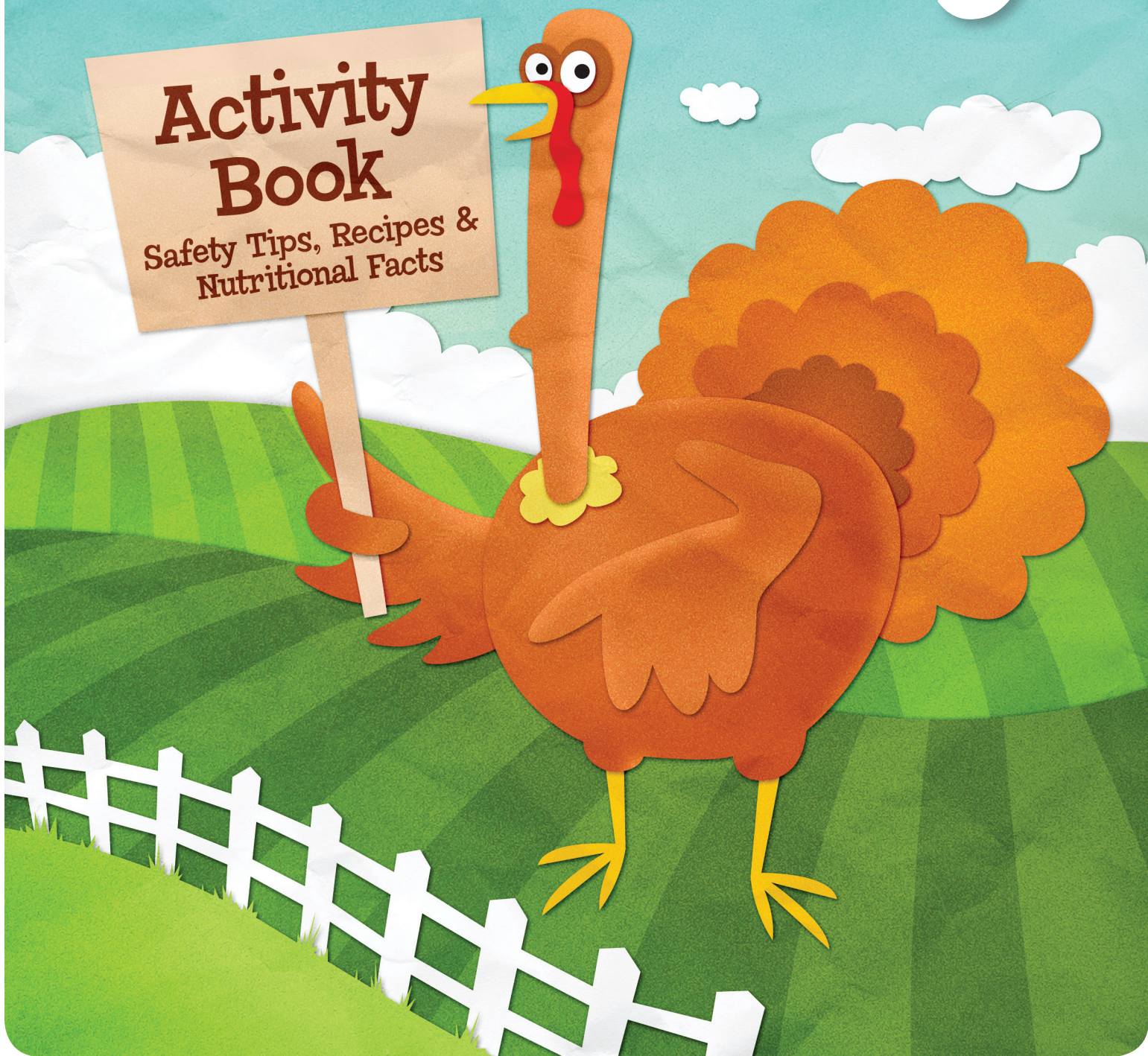


Let's Talk

Turkey

**Activity
Book**

Safety Tips, Recipes &
Nutritional Facts



Kitchen Rules & Safety Tips

1. Before you start cooking ask an adult if it is OK to use the kitchen.
2. Wear an apron so that your clothes don't get splashed or stained.
3. Wash your hands with soap and water before handling food.
4. Before starting a recipe, read it thoroughly to make sure you know how to do everything and that you have everything you need. Get out all of the ingredients listed.
5. Do any of the food preparation that is listed on the ingredients (i.e. chop onions, shred cheese, etc.)
6. Be careful not to cut yourself when using a paring knife or grater. Don't be afraid to ask for help when using these sharp utensils.
7. When cooking on top of the stove, turn all the pan handles towards the middle of the stove. Be sure to turn oven burners or burner dials "off" when finished cooking.
8. Always have hot pads and oven mitts handy and make sure they are dry when handling hot food.
9. After you finish, put away any unused ingredients.
10. Wash, dry and put away all of your dishes and utensils or load dishes into the dishwasher when finished. Remember to unload and put away dishes once they are washed.

Cooking Terms

Shred:

Carefully cut into tiny strips using an up and down motion on a grater

Garnish:

To decorate a finished dish, making it more attractive

Dash:

A very small amount, less than 0.5 mL (1/8 tsp)

Chop:

Carefully cut food into small pieces using a paring knife on a cutting board

Minced:

Finely chopped or crushed

Saute:

Brown or cook in a small amount of fat

Mix:

Stir, distributing all ingredients evenly

Food Safety ^{at} Home

4 EASY steps you can take at home to eliminate harmful bacteria and greatly reduce the risk of foodborne illness at home:

1. CLEAN

Wash hands and surfaces often

2. CHILL

Refrigerate or freeze foods promptly

3. SEPARATE

Keep raw meat / poultry / seafood and their juices separate from one another and other foods

4. COOK

Cook foods to proper temperatures

Studies estimate that about 85% of all cases of foodborne illness could be prevented if food is handled properly.

Hand Washing

- Wash your hands before you begin cooking and after you touch pets, cough or sneeze, use the phone, use the restroom or handle dirty dishes.
- Wash your hands for 20 seconds – that’s two choruses of “Happy Birthday”. Keep a nail scrub brush handy to get under your fingernails. Use a clean cloth or paper towels to dry.
- Always wash hands, utensils, cutting boards and surfaces when switching tasks, such as handling raw meat/poultry/seafood and preparing vegetables.

Refrigeration

- Refrigerator defrosting is the safest way to thaw frozen meat.
- Cook thawed meat/poultry/seafood before refreezing.
- Refrigerate leftovers promptly and cover when cooked. Don’t keep leftovers longer than 2 to 3 days.
- If you can’t tell if food is safe by smelling or looking at it, if in doubt, throw it out.

Separate

- When shopping, keep packages of meat/poultry/seafood in bags separate from other groceries.
- Ideally use two cutting boards: one for raw meat/poultry/seafood; the other for cooked foods and washed fruits/vegetables.
- Clean and sanitize cutting boards using hot soapy water. Plastic cutting boards can be cleaned and sanitized in the dishwasher.

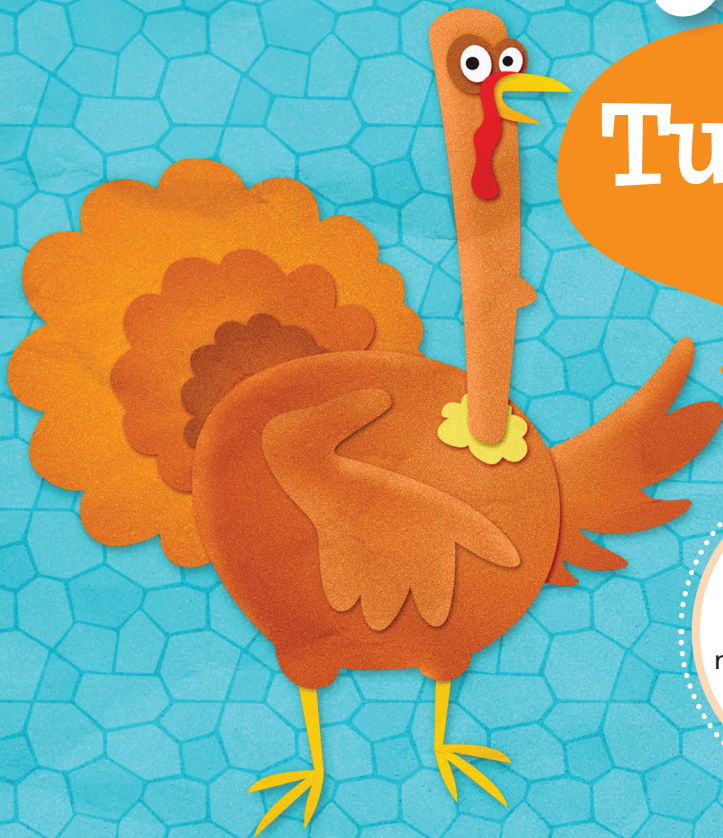
Cook

- Use a food thermometer or temperature indicator. This is the only way to tell if your food has reached a high enough internal temperature to destroy harmful bacteria.

Temperature Rules for Safe Doneness

Ground chicken/turkey	165°F (74°C)	Whole turkey (without stuffing)	170°F (77°C)
Whole turkey (stuffed)	180°F (82°C)	Leftovers, reheated	165°F (74°C)

Nutritional Facts about Turkey



Turkey
is...

...an excellent source of protein – necessary for renewal and maintenance of body tissues and for providing energy

...an excellent source of niacin – an amino acid important for the maintenance of good health

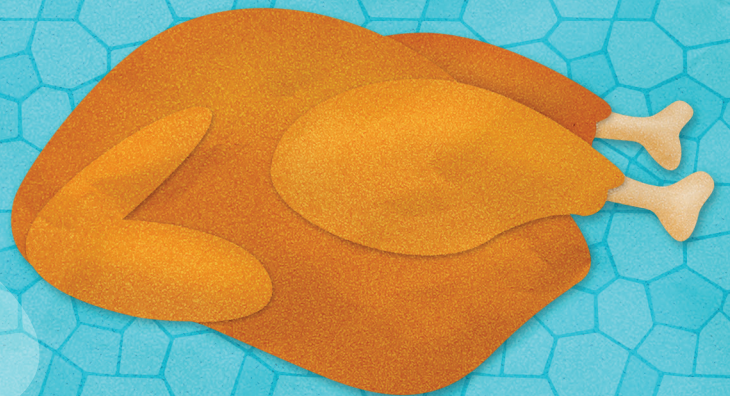
...low in fat and cholesterol. A diet that is low in fat promotes a healthy heart and circulatory system.

...a leader in the lean meat category

...a good source of phosphorous - a factor in the normal development of bones and teeth

Where to purchase
turkey

Turkey is available in your local grocery store year round in a variety of cuts as well as the whole bird.



Spicy Turkey Tacos



This dish is the perfect party food!

1	large onion, chopped	1
2	cloves garlic, minced	2
1	small red or green pepper, chopped	1
1	tblsp oil	15 mL
1	lb ground turkey	500 g
1	tblsp chili powder	15 mL
½	cup tomato salsa	125 mL
2	tblsp tomato paste	25 mL
16	taco shells	16

Garnishes: Shredded cheese, chopped tomatoes, shredded lettuce, sour cream, salsa

Directions:

1. Saute onion, garlic and red or green pepper in oil until onion is transparent (about 5 minutes).
2. Add turkey and chilli powder and cook over medium heat about 5 to 6 minutes, stirring and separating turkey as it cooks.
3. Stir in tomato salsa and tomato paste and simmer for 5 minutes.
4. Serve in taco shells topped with shredded cheese and other garnishes if desired.

Makes 8 servings.

Word Search

D U S H S M I L Z Y L O O F D Y I J V M
K R P N V A A G S P V Q N Z N H Q E P A
L E K P O U L T H K U K A V S I T V N J
N K F Y T B R D R S U D I E B U U C Q E
E H N M X C R N E Z G O P U A A R E L K
X Y P T O O K H D C N A O S N A K S E B
V D I C A O N I M A R J I I N N E H H I
C H O P R K C K O A Y O C H U V Y L A N
W S C E R L J O T R Z A C A S P E X J G
F R D R E O Q E M U I C O Y H A C H T I
A J H A C C T P F N A F T O N X D Z Y J
C X N Y I O F E H U L X S O F U C H P H
X F Y H V F W H I O M P J A M G T V U V
M C R K H F S U C N H E V X M L M V A Z
L U A F C I D K S O L B M K I R L M S A
S F H F N D I C R B A W S U N H U I X P
Y L A R B S V O B D E V P A C J W X H L
L Q A C G G U O R C V O Q J E Z L N U C
N G C U V S G A Z Y D G H P D J Z X O P
A J O T O I A Q P C Y V O V Q J L X J R

Turkey

Phosphorous

Niacin

Amino Acid

Lean

Protein

Flock

Poult

Hen

Tom

Gobbler

Shred

Garnish

Dash

Chop

Minced

Mix

Saute

Clean

Chill

Separate

Cook



Fun Facts About Turkey

A male (boy) turkey is called a **TOM**

A baby turkey is called a **POULT**

A female (girl) turkey is called a **HEN**

A group of turkeys is called a **FLOCK**

Questions about raising turkeys

How are turkeys raised?

Turkeys are raised in specially designed barns with carefully controlled temperature and ventilation. A proper climate is always maintained to ensure maximum comfort level for the birds, the birds have access to food and water at all times.

What do turkeys eat?

Turkeys are fed a healthy diet of corn, soybean meal, wheat and other ingredients as well as vitamins and minerals.

Do all turkeys gobble?

Only the adult male turkey makes the “gobble, gobble” sound. The female turkey makes a soft clucking sound, and never gobbles.

Why do turkeys gobble?

The gobble is a season call (Spring and Fall) only the male turkeys (toms) make. Hens are attracted for mating when a tom gobbles. Wild toms love to gobble when they hear loud sounds. They also gobble when they settle in for the night. A gobbling turkey can be heard a mile away on a still day.

What are turkey's strongest senses?

Turkeys have great hearing – but no external ears. Turkeys have a wide field of vision (270 degrees) and they can see colours. Turkeys have a poor sense of smell but have an excellent sense of taste.

Can turkeys run?

A spooked turkey can run at speeds up to 25 miles per hour.

Why did the turkey become the traditional Christmas bird?

Charles Dickens' The Christmas Story is credited for popularizing the serving of turkey for Christmas dinner.

Lemon Rosemary

Turkey Fingers



½ cup	mayonnaise	125 mL
1 tbsp	lemon juice	15 mL
1 lb	turkey breast cut into strips	500 g
1 cup	dry breadcrumbs	250 mL
3 tbsp	grated parmesan cheese	45 mL
1 tbsp	dried rosemary, crumbled	15 mL
2 tsp	grated lemon rind	10 mL
½ tsp	each: paprika & salt	10 mL
¼ tsp	each: garlic powder & pepper	1 mL

Dipping Sauce:

¼ cup	chilli sauce	10 mL
¾ cup	jellied cranberry sauce	175 mL

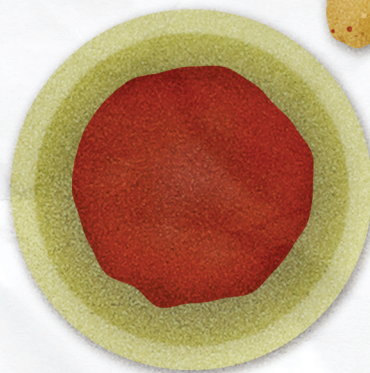
Directions – Turkey Fingers:

1. In a small bowl, mix together the mayonnaise and lemon juice; brush over turkey strips to coat.
2. In a separate bowl, mix together breadcrumbs, parmesan and seasonings.
3. Dip turkey strips in crumbs to coat and place on lightly greased baking sheet.
4. Bake at 375°F, (190°C), 3 to 4 minutes on each side.
5. Serve with warm dipping sauce, plum sauce or mayonnaise.

Directions – Dipping Sauce:

1. In a small saucepan, over medium-low heat, mix together cranberry and chilli sauces; heat until hot.

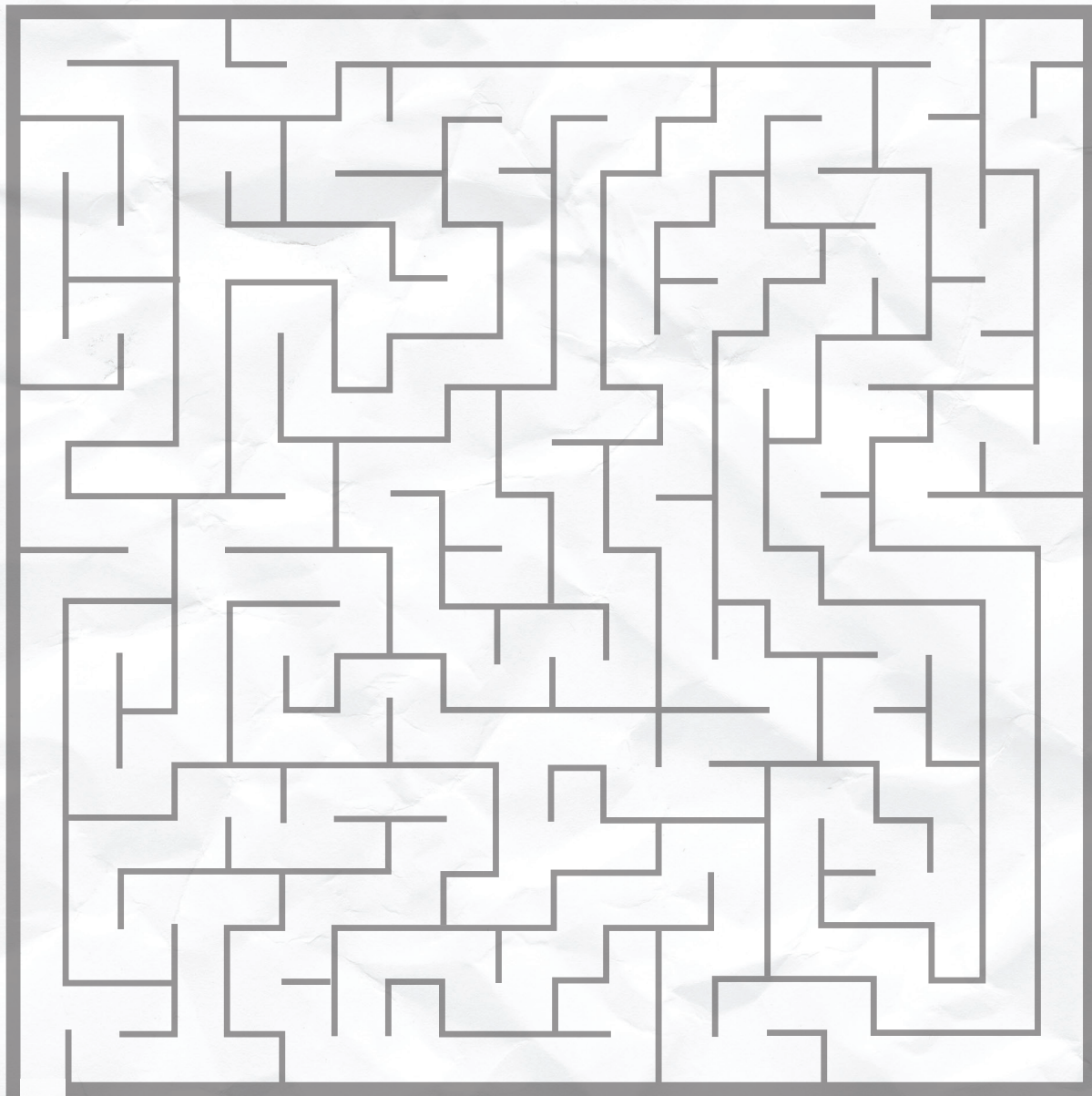
Makes 4 servings.



Turkey Maze



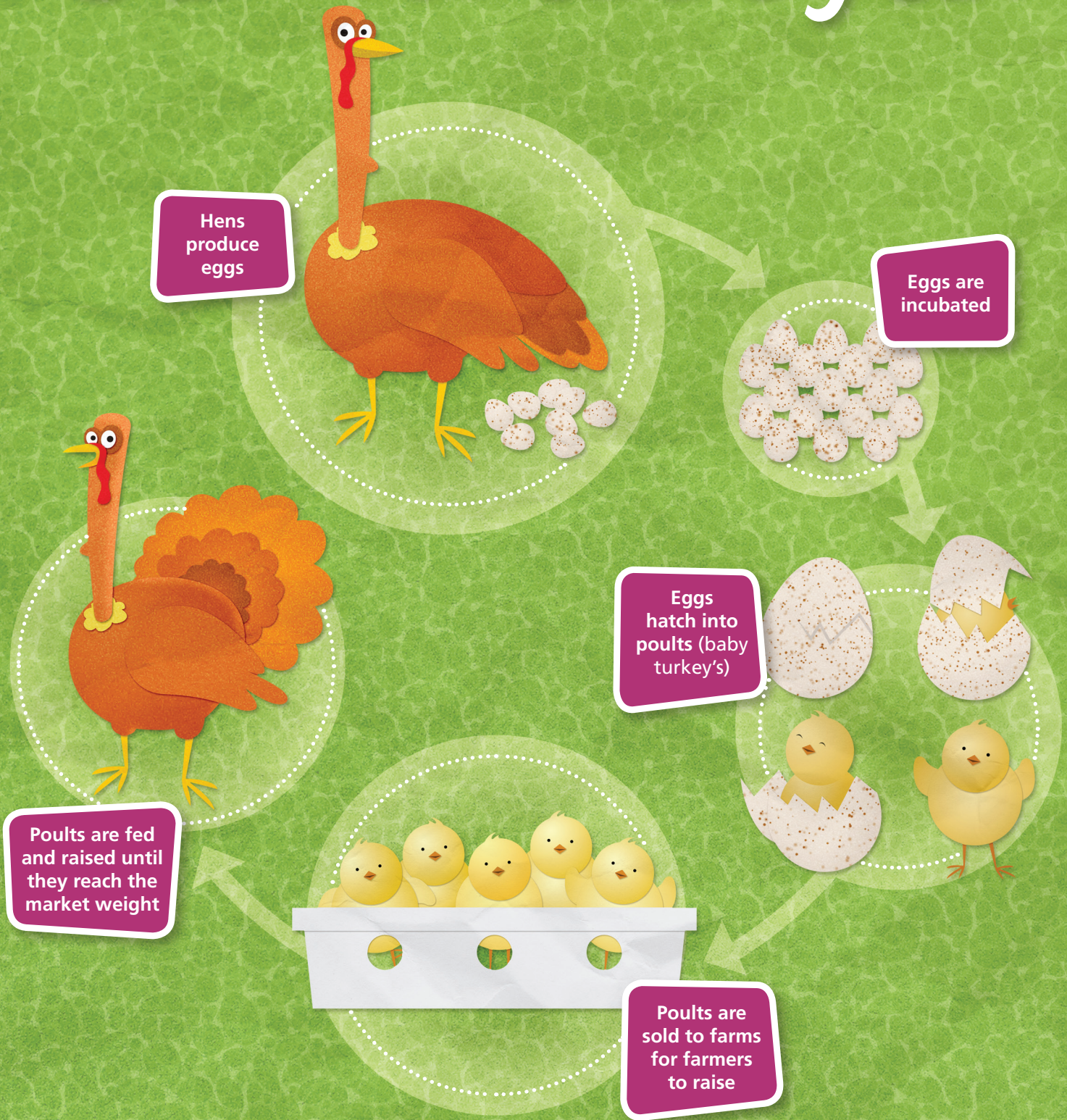
Start



Finish

About Turkeys

Growth Cycle



Sizzling Turkey Fajitas



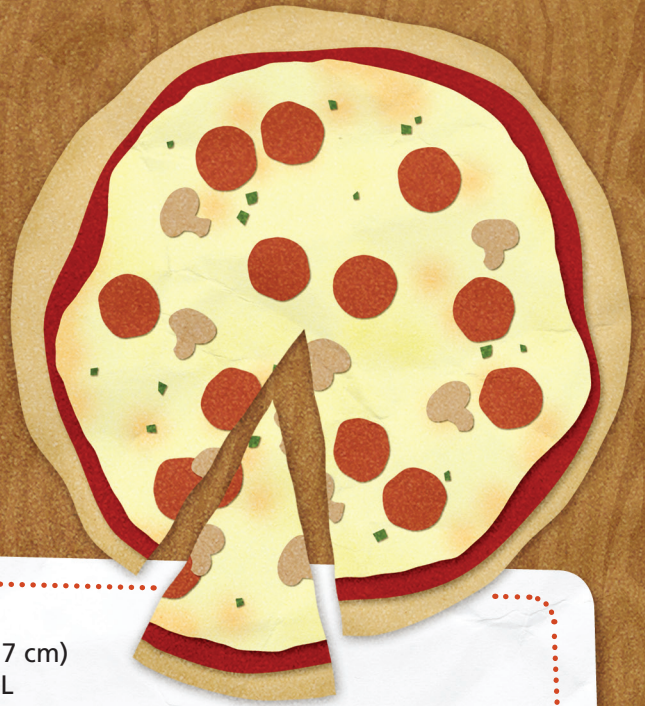
2 tbsp	olive oil	30 mL
1 ½ lbs	turkey breast cut into strips	680 g
1 tbsp	chilli powder	15 mL
1 tsp	cumin	5 mL
2 tsp	garlic, minced	10 mL
¼ tsp	each: salt & pepper to taste	1 mL
1	large onion, chopped	1
1	red pepper, sliced	1
1	orange pepper, sliced	1
4	flour tortillas	4
1	large avocado, peeled and cut into 8	1
½ cup	sour cream	125 mL
¼ cup	green onions, sliced	60 mL
¼ cup	fresh coriander, chopped	60 mL

Directions:

1. In a large skillet on medium heat, heat olive oil.
2. Toss turkey with chilli powder, cumin, garlic, salt and pepper.
3. Add to skillet and sauté until turkey is cooked through.
4. Add onion and peppers and sauté five minutes more, or until turkey is browned and peppers are tender crisp.
5. Warm flour tortillas in the microwave for a few seconds.
6. Divide fajita mixture between the flour tortillas and top with two slices of avocado, sour cream, green onions and coriander.
7. Fold and serve.

Makes 4 servings.

Tortilla Pizza Melt



1	6-7" Whole wheat tortilla	(15-17 cm)
1 tbsp	ketchup or pizza sauce	15 mL
1/8 tsp	italian seasoning, basil or oregano	0.5 mL
3-4	fresh mushrooms (sliced)	3-4
3-4	pieces of turkey pepperoni (sliced)	3-4
3 tbsp	shredded cheese	45 mL

Directions:

1. Preheat toaster oven or regular oven to 375°F (190°C).
2. Place tortilla on counter. Use rubber spatula or table knife to spread ketchup or sauce over tortilla; sprinkle seasoning over ketchup.
3. Arrange mushroom slices on ½ of the tortilla and top mushrooms with pepperoni slices. Break the cheese slice in half to fit over pepperoni.
4. Fold other half of tortilla over the cheese; press gently. Spray toaster oven baking pan OR small baking sheet with cooking spray; using pancake turner, place folded sandwich on pan. Spray top of tortilla with cooking spray.
5. Bake in oven for 6-8 minutes or until slightly crisped and cheese is starting to melt. Turn off oven. Using oven mitts, remove pan to cooling rack and let stand 2-3 minutes, eat as a half moon sandwich or cut in half with pizza cutter or sharp knife. Serve with more ketchup or pizza sauce for dipping if desired.