

## FOODS AND NUTRITION II – POULTRY LAB

<b>OBJECTIVE:</b> Identify and prepare meats and/or poultry products.	<b>STANDARD:</b> Demonstrate food preparation techniques and nutrition of meats and poultry.
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<b>MOTIVATOR</b>	<b>DESCRIPTION:</b> Bell Ringer Question	<b>MATERIALS:</b> Bell Ringer Cards
<b>TIME: 5 min.</b>		
<b>CONTENT:</b>		
<ol style="list-style-type: none"> <li>1. Have the students answer the following question on their bell ringer cards, “How can you lower the fat content when cooking with poultry?” (trimming excess fat and removing all skins)</li> <li>2. Have the students return their cards to the class basket.</li> </ol>		

<b>ACTIVITY 1</b> <b>(Cooperative)</b>	<b>DESCRIPTION:</b> Poultry Lab	<b>MATERIALS:</b>	
<b>TIME: 60 min.</b>		<u>Food needed for one class (4 kitchens):</u> Margarine – 6 Tbsp.      Cream Cheese – 1 (6 oz.) pkg. Chicken breasts – 14      Croutons, seasoned – 1 ½ c. Salt – ½ tsp.              Cream chicken soup – 2 cans Pepper – ¼ tsp.            Bread crumbs, Italian-style – 1 c. Milk – 1 c.                  Parmesan cheese – 1 c. Eggs – 4                      Vegetable oil – ¼ c. Crescent rolls – 2         Spaghetti sauce – 4 c. Green onions - 2 Tbsp.    Mozzarella cheese – 1 ½ c. Wax paper <u>Handouts for students:</u> <i>CHICKEN CRESCENT ROLLS RECIPE</i> <i>SKILLET CHICKEN PARMIGIANINO RECIPE</i> <i>LAB SHEETS</i>	
<b>CONTENT:</b>			
<ol style="list-style-type: none"> <li>1. Explain to the class that they will be making two different poultry recipes.               <ol style="list-style-type: none"> <li>a. Kitchens 1 and 3 will be making the Chicken Crescent Rolls.</li> <li>b. Kitchens 2 and 4 will be making the Skillet Chicken Parmigianino.</li> </ol> </li> <li>2. Kitchens 1 and 2 will share their final product with each other while kitchen 3 and 4 will do the same.</li> </ol>			
<b>PROCESS QUESTIONS:</b>			
<ol style="list-style-type: none"> <li>1. How can you lower the fat content when cooking with poultry?</li> </ol>			

**REFERENCES:**

None

**SUMMARY:**

Try different poultry recipes with your family and friends. Keep the ones you like, throw out the ones that you don't! And remember to always trim off the fat and skins from your poultry before cooking!

**STUDENT EVALUATION:**

As the students are cooking, assess their cooking skills with measuring, safety, following directions and working well together as a group. Fill out the lab sheet and give each kitchen a grade for the experience.

**TEACHER EVALUATION:****OPTIONAL ACTIVITY:**

Have the students try to create their own poultry recipe. Give them a few hints as to what ingredients they could use (poultry, bread crumbs, seasonings, soups, etc.) See what they come up with!