

**How do you
thaw a turkey
or ham?**

Holiday Fight BAC!

Lesson In a Box

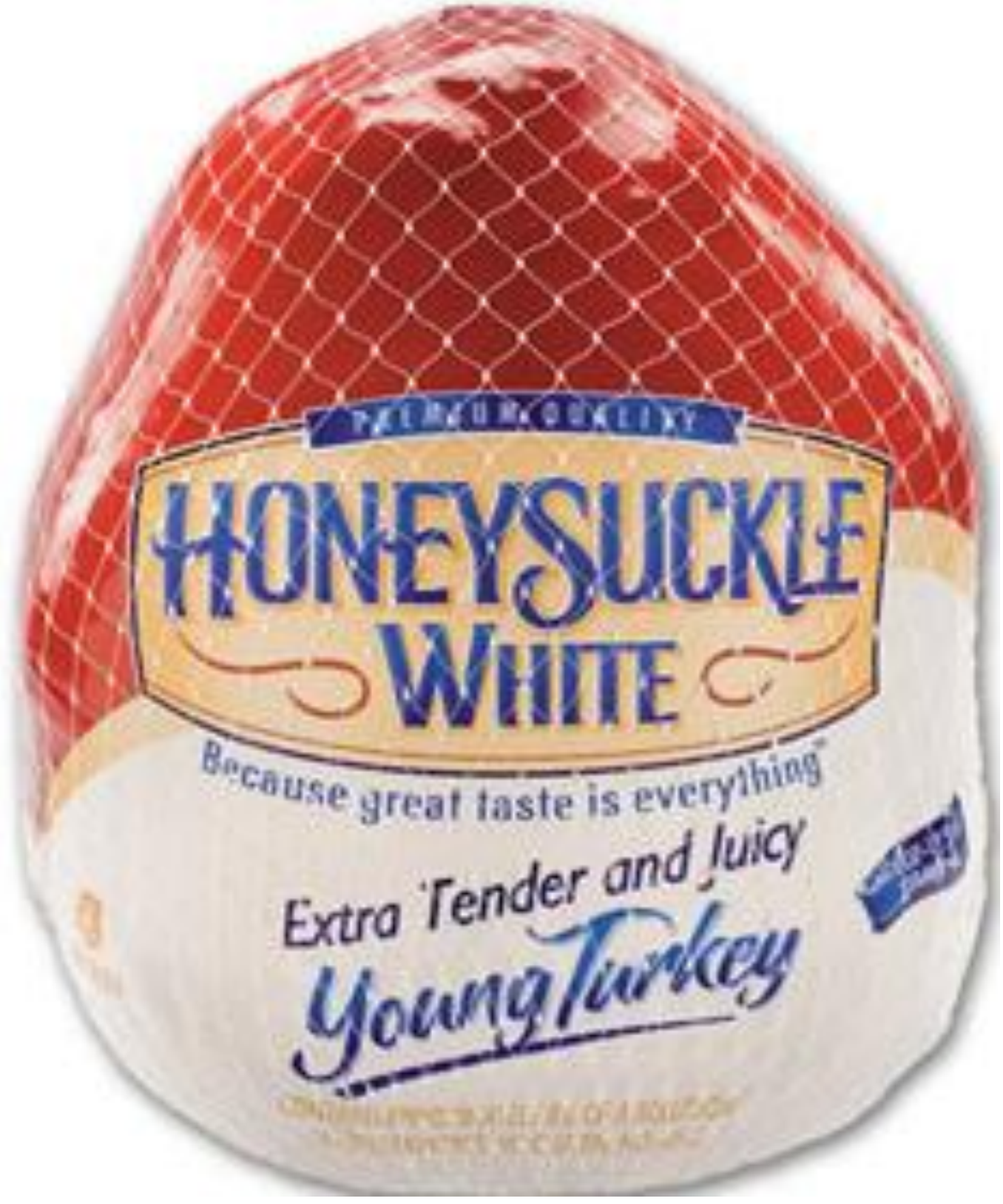
Activity 1: Activity Sign

**¿Cómo
descongelarla un
pavo o un
jamón?**

Holiday Fight BAC!

Lesson In a Box

Activity 1: Activity Sign Spanish



PREMIER QUALITY

HONEYSUCKLE WHITE

Because great taste is everything™

Extra Tender and Juicy

Young Turkey

CONTAINS 12.5 LBS (5.7 KG) OF TURKEY
WEIGHT WITH SKIN AND BONES

Honey Suckle Frozen Turkey

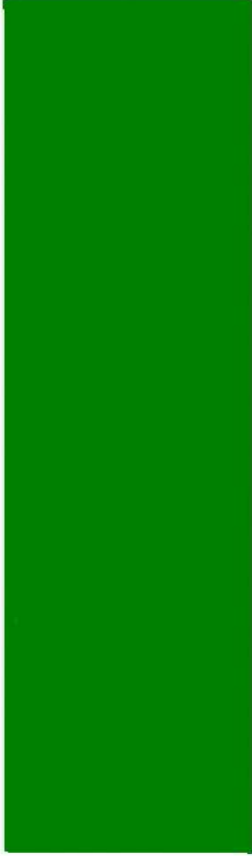
(Cut, laminate, place in pan image velcroed to wooden block)

Honeysuckle White® [Online Image]. (n.d.). Retrieved November 23, 2009, from
Honeysucklewhite.com,

http://www.honeysucklewhite.com/ProductDetail.aspx?product_category_id=1&product_id=21



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NATURAL CHOICE
TURKEY

SELL BY DATE: JAN 16

NET WT/CT	UNIT PRICE	TOTAL PRICE
13.52 lb	\$0.99 lb	\$13.38

Activity 1

Turkey Label with Weight

Turkey Label [Online Image]. (n.d.) Retrieved November 24, 2009, from [recipetips.com, http://www.recipetips.com/kitchen-tips/t--1287/buying-a-turkey.asp](http://www.recipetips.com/kitchen-tips/t--1287/buying-a-turkey.asp)

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Activity 1

Turkey thawing on the counter in original package

UNSAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member

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Activity 1

Turkey thawing out of original package in sink

UNSAFE

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Activity 1

Turkey thawing in the refrigerator in original package in pan on bottom shelve

SAFE

Turkey Thawing in the Refrigerator [Online Image]. (n.d.). Retrieved November 23, 2009, from
media.photobucket.com,
<http://media.photobucket.com/image/thawing%20a%20frozen%20turkey/bfeiner/turkeythaw.jpg>

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Activity 1

Turkey thawing out of original package not in pan on top shelve of frig

UNSAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member

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Activity 1

Turkey thawing in sink without running water

UNSAFE

Defrosting Turkey [Online Image]. (n.d.). Retrieved November 23, 2009, from flickr.com, <http://www.flickr.com/photos/lobraumeister/3208590176/>

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Activity 1

Turkey thawing in container in sink under running water

SAFE

Defrosting Turkey [Online Image]. (n.d.) Retrieved November 23, 2009, from foodbuzz.com, <http://www.foodbuzz.com/photos/0003/7751/quick-defrost-turkey.jpg>

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Activity 1

Turkey in original package thawing in microwave

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Activity 1

Turkey out of original package thawing in microwave

UNSAFE

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Activity 1

Fish defrosting in sink under running water (Optional)

SAFE

Defrosting Fish [Online Image]. (n.d.) Retrieved November 23, 2009, from photobucket.com,
<http://media.photobucket.com/image/defrost%20turkey/lulamae/Blogging/Poached%20Mahi/CIMG0334.jpg>

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How to thaw meat safely

Refrigerator: The temperature of the refrigerator must read 40°F!

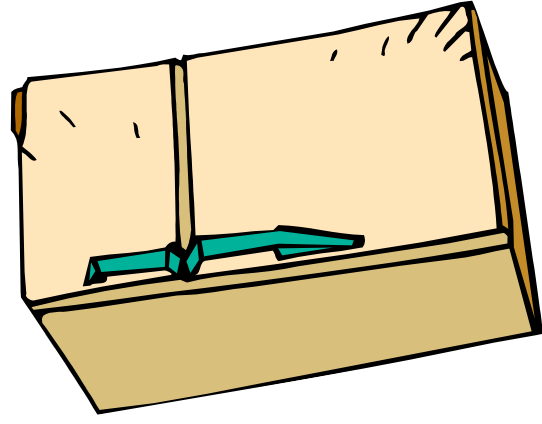
Allow 24 hours for every 4-5 pounds of turkey

4-12 pounds: 1-3 days

12-16 pounds: 3-4 days

16-20 pounds: 4-5 days

20-24 pounds: 5-6 days



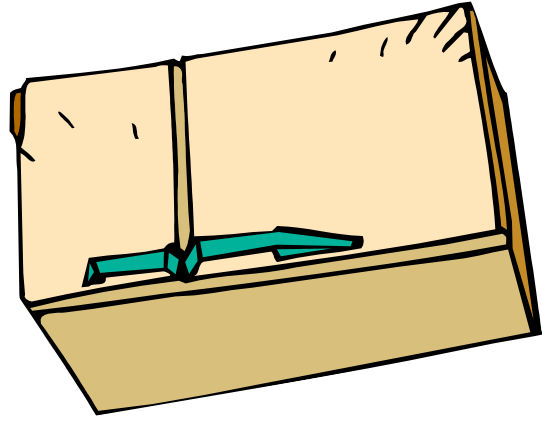
Holiday Fight BAC!

Lesson In a Box

Activity 1: Safe Thawing Sign

Como descongelar carnes de forma segura

Refrigerador: La temperatura del refrigerador debe estar en
40°F!



Permita 24 horas para cada 4-5 libras de pavo

4-12 libras : 1-3 días

12-16 libras : 3-4 días

16-20 libras : 4-5 días

20-24 libras : 5-6 días

Holiday Fight BAC!

Lesson In a Box

Activity 1: Safe Thawing Sign Spanish

How to thaw meat safely

Cold Water: Keep Under Clean, Cold, Running Water

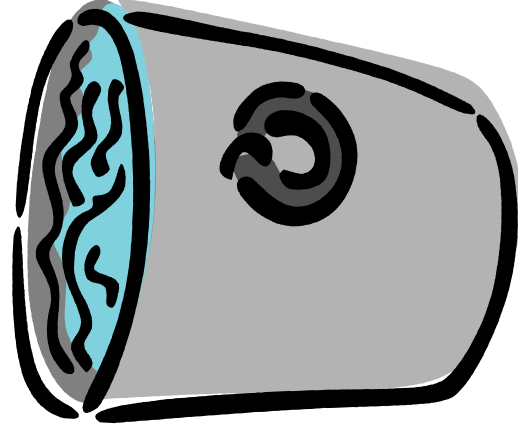
It takes about **30 minutes** for each pound of turkey to thaw thoroughly

4-12 pounds: 2-6 hours

12-16 pounds: 6-8 hours

16-20 pounds: 8-10 hours

20-24 pounds: 10-12 hours



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Lesson In a Box

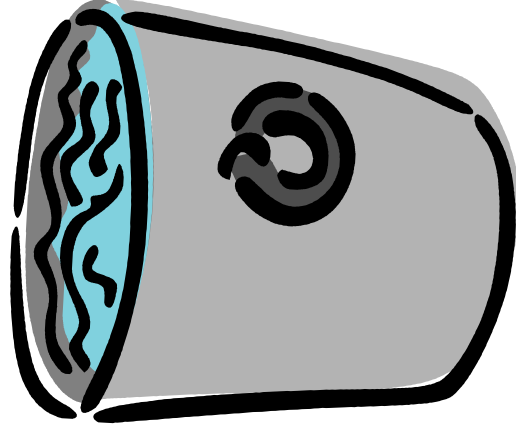
Activity 1: Safe Thawing Sign

Como descongelar carnes de forma segura

Agua Fría: Mantenga en agua corriente, limpia, y fría.

Toma como **30 minutos por cada libra de pavo** para descongelar completamente:

4-12 libras:	2-6 horas
12-16 libras:	6-8 horas
16-20 libras:	8-10 horas
20-24 libras:	10-12 horas



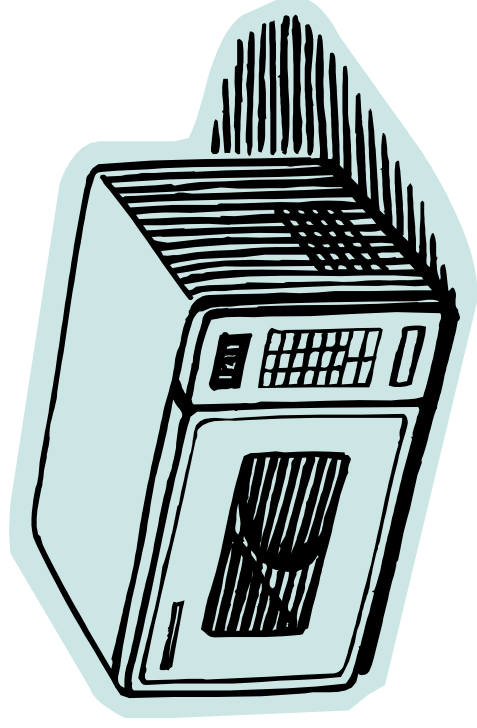
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Lesson In a Box

Activity 1: Safe Thawing Sign Spanish

How to thaw meat safely

Microwave: Can only be used if cooking the turkey immediately after!!



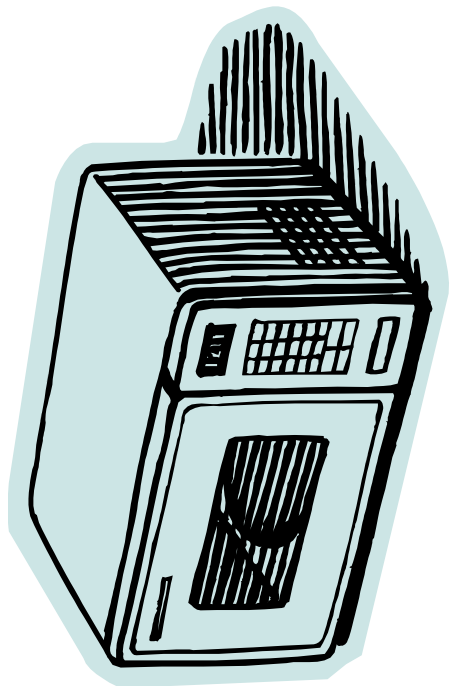
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Lesson In a Box

Activity 1: Safe Thawing Sign

Como descongelar carnes de forma segura

Microondas: Se puede usar solo si
se va a cocinar el pavo
inmediatamente
despues!!



Holiday Fight BAC!

Lesson In a Box

Activity 1: Safe Thawing Sign Spanish