know when your meat/poultry cooked **9 M D T**

Lesson In a Box

Activity 2: Activity Sign

'\\ **est** U S <u>Q</u> P COCIO rne/ave S opueno o **bie** T U

Lesson In a Box

Activity 2: Activity Sign Spanish

How to know when your meat is safe to eat Safe Temperatures:

Turkey Breast: 165°-170° F

Turkey Thigh: 180°F

Ham: I60°F

Fish: I45°F

Cooking Times:

Recommended cooking times for oven roasted **unstuffed meat:**

Weight of turkey (pounds)	Hours
4-8:	1 1/2 - 3 1/4
8-12:	2 3/4 - 3
12-14:	3 - 3 3/4
14-18:	3 3/4 -4 1/4
18-20:	4 1/4 - 4 1/2
20-24:	4 ½ - 5

I pound of turkey meat will feed one person

Lesson In a Box

Activity 2: Safe Cooking Sign

Cómo saber cuando está bien comer su carne

Temperaturas Apropiadas:

Pechuga de Pavo: 165° - 170° F

Muslo de Pavo: 180 ° F

Jamón: 160 ° F

Pescado: 145 ° F

Tiempo de Cocer:

Tiempo recomendado para cocer carne asada al horno sin rellenar:

Peso del pavo (libras)	Horas
4-8:	1 ½ - 3 ¼
8-12:	2 3/4 - 3
12-14:	3-33/4
14-18:	3 3/4 - 4 1/4
18-20:	4 1/4 - 4 1/2
20-24:	4 ½ - 5

1 libra de carne de pavo alimentará a una persona.

Lesson In a Box

Activity 2: Safe Cooking Sign Spanish

Place Cards

Directions:

- The statements pertaining to cooked meats in the following pages will be made into place cards
- Print statement sheets and cut out each statement (optional: laminate for durability)
- Take a 4"x 6" index card and fold in half so that it can stand like a "tent"
- Glue each statement on one sided of the folded index cards

"The indicator button on the turkey pops up."

"When the outside is dark brown."

"When the juices run clear"

"When the timer goes off."

"El botón indicador en el pavo saldrá."

"Cuando la superficie esté marrón oscuro."

"Cuando los líquidos estén sin sangre"

"Cuando suena la alarma."

"The meat is no longer pink"

"When the meat thermometer reads 165°F inside the breast of the turkey"

"When the meat thermometer reads 165°F when placed in the breast, thigh and wing of the turkey" "La carne ya no está rosada"

"Cuando el termómetro de carne está 165°F dentro de la pechuga de pavo"

"Cuando el termómetro de carne está 165°F cuando se coloca en la pechuga, musio y el ala del pavo"



Turkey Image Used for Turkey ½ Gallon Carton Model

Thanksgiving Turkey [Online Image]. (n.d.). Retrieved November 23, 2009, from eHow.com, http://i.ehow.com/images/GlobalPhoto/Articles/2101895/turkey_Full.jpg

Turkey ½ Gallon Carton Model Direction Sheet

Supplies needed:

- 1 half gallon milk carton or juice carton, emptied and cleaned
- 2. Picture of turkey (included in appendix)
- 3. Meat thermometer (1 or more)

Directions:

To create your turkey carton model:

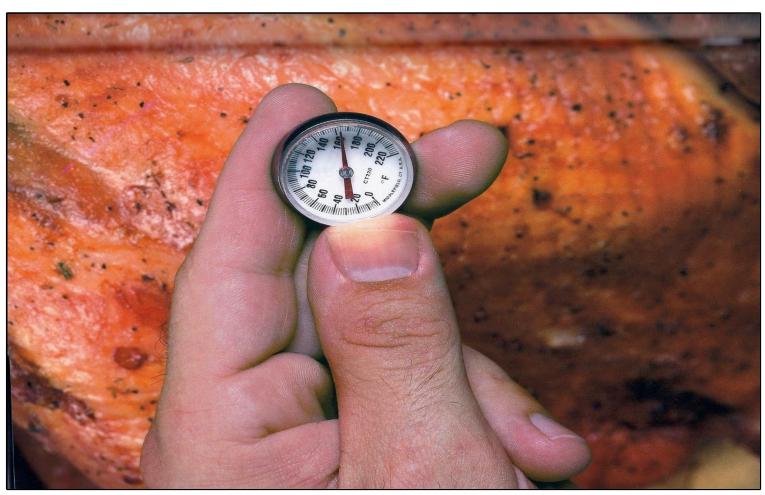
- 1. Clean out 1 carton so there are no liquids or residues inside.
- 2. Lay carton down on its side (so it is lying down horizontally).
- 3. Wrap the carton in white paper to conceal the original labeling.
- 4. Cover the carton with the picture of turkey. Tape pictures in place on each carton.
- 5. Poke holes at breast, leg, and wing of turkey image for easy meat thermometer access

During your demonstration:

- 1. Insert the meat thermometer into the carton through the picture of the turkey. Insert on the turkey's breast, thigh, and wing (you should make 3 holes in your model).
- 2. Every meat thermometer works slightly differently. Make sure to review the directions of your meat thermometer to ensure that you are demonstrating correctly.







Activity 2

Turkey with pop-up timer

UNSAFE

Turkey with Pop up Timer [Online Image]. (n.d.). Retrieved November 23, 2009, from ieHow.com, http://i.ehow.com/images/GlobalPhoto/Articles/4584625/800px-ThanksgivingTurkey-main-Full.jpg

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2009 – may be reproduced provided source is cited

Activity 2

Thermometer in Turkey checking internal temperature

SAFE

Educational Foundation (National Restaurant Association). (2008). ServSafe coursebook. Chicago: National Restaurant Association, Educational Foundation. page U1.

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2009 – may be reproduced provided source is cited



Activity 2

Stuffing being cooked separately from the turkey

SAFE

Picture taken by Linda Ameroso, CUCE-NYC Staff member

Advancing New York City Through Research
Cornell University Cooperative Extension
Nutrition and Health Program nyc.cce.cornell.edu
Copyright 2009 – may be reproduced provided source is cited