

**How do you
know when your
meat/poultry is
fully cooked?**

Holiday Fight BAC!

Lesson In a Box

Activity 2: Activity Sign

**¿Cómo sabe
cuando su
carne/ave está
bien cocida?**

Holiday Fight BAC!

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:	160°F
Fish:	145°F

Cooking Times:

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

Weight of turkey (pounds)	Hours
4-8:	1 ½ - 3 ¼
8-12:	2 ¾ - 3
12-14:	3 - 3 ¾
14-18:	3 ¾ - 4 ¼
18-20:	4 ¼ - 4 ½
20-24:	4 ½ - 5

1 pound of turkey meat will feed one person

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Activity 2: Safe Cooking Sign

Cómo saber cuando está bien comer su carne

Temperaturas Apropriadas:

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 ¾ - 3
12-14:	3- 3 ¾
14-18:	3 ¾ - 4 ¼
18-20:	4 ¼ - 4 ½
20-24:	4 ½ - 5

1 libra de carne de pavo alimentará a una persona.

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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 165⁰F inside the breast of the turkey”

“When the meat thermometer reads 165⁰F when placed in the breast, thigh and wing of the turkey”

“La carne ya no está rosada”

“Cuando el termómetro de carne está 165⁰F dentro de la pechuga de pavo”

“Cuando el termómetro de carne está 165⁰F cuando se coloca en la pechuga, muslo 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. 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

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Activity 2

Thermometer in Turkey checking internal temperature

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

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Activity 2

Stuffing being cooked separately from the turkey

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Picture taken by Linda Ameroso, CUCE-NYC Staff member

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