



# Gobble It UP!

## Teacher's Guide

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**INTRODUCTION** The goal of your **Gobble It Up** kit is to provide elementary students with fun and active learning centered around the turkey. The materials are aligned with the California State Content Standards for Grades 4-6.

**LEARNER OUTCOMES** The student will:

- tell how Thanksgiving is believed to have originated
- explain why we celebrate Thanksgiving
- reflect and write about how Thanksgiving is celebrated in his/her home
- identify the role of the turkey in history as a Thanksgiving tradition and as a year-round nutritious meat in all kinds of menus
- recognize the various California products of turkey and create a logo for "their company"

### CALIFORNIA STATE

### CONTENT STANDARDS

Key

- R = Reading
- W = Writing
- LC = Written and Oral English Language Conventions
- LS = Listening and Speaking

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### Page 1

1. With a partner, group, or whole class, have students complete "The First Thanksgiving" using the "Word Bank." Then read aloud with the correct answers.
2. Share and discuss :
  - 1) When was the first Thanksgiving celebrated?
  - 2) Why did Governor Bradford invite the Native Americans?
  - 3) What were some of the foods they ate?
  - 4) Why do we celebrate Thanksgiving today?

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### Page 2

1. Share and discuss :
  - 1) How does your family celebrate Thanksgiving?
  - 2) Do all families celebrate the same way? Why or why not?
  - 3) Do they eat the same foods? Why or why not?
  - 4) Is it all right to celebrate holidays in different ways? Explain why.
2. Assign Page 2.

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### Page 3

1. Have students read "Turkeys Then and Now" aloud with fluency and accuracy, along with appropriate pacing, intonation, and expression.



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**Page 4**

1. Assign the quiz and correct together.

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**Page 5**

1. Read and discuss "Kids in the Kitchen."

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**Page 6**

1. Read and discuss the major California poultry companies.

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**Page 7**

1. Assign the students to create a company logo. Share aloud.

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**Page 8**

1. Bonus Activity! Color the "Gobble It Up!" sheet.

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## Turkey, A Native American

Turkeys have played an important role in American and world history. Although popular American history places the discovery of turkey with the first Thanksgiving in America, the turkey was in the New World long before the Pilgrims.

Recent archaeological studies show that turkeys have roamed the Americas for ten million years. When Christopher Columbus came to the New World in 1492, turkeys were here to greet him. The name "turkey" came from Columbus, who, thinking that the New World was connected to India, named them "tuka," the East Indian Tamil language name of the peacock. (Actually, the turkey is a variety of pheasant.)

A few years later Cortez, the conqueror of Mexico, sent some turkeys to King Charles of Spain as part of his agreement to repay his majesty with "one fifth of all the spoils taken in the New World." The turkeys then were called "tukki" by the Sephardic merchants of Spain, from their Hebrew word for peacock.

By 1530, turkeys were being raised domestically in England, France and Italy, and soon were being exported to America, where the settlers bred them with the wild turkey to produce the magnificent Bronze and Narragansett breeds, which become the foundation of the American turkey industry.

Because wild turkeys were so plentiful in America, there were very few domesticated flocks. It was not until the early 1900s, when practically all wild turkeys had ceased to exist, that turkeys were raised domestically.

One of the few exceptions were the California missions, where as early as 1816 flocks of turkeys were being raised.

Transporting turkeys in those days was by herding a flock, sometimes as many as 500 birds, to market. In the late 1800s, turkey growers in Northern California herded their flocks to market, a 250-mile trip, which took 75 to 100 days.





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## Turkey, A Native American

Benjamin Franklin, who proposed the turkey as the official United States bird, was deeply disappointed when the bald eagle was chosen instead. In a letter to his daughter he wrote, "I wish the bald eagle had not been chosen as the representative of our country! The turkey is a much more respectable bird, and therefore a true original native of America."

In England, turkeys raised in Suffolk were herded to London, and, in inclement weather, had their feet bound in cloth, over which leather shoes were laced. The 50-mile trip took three to four weeks and required five to ten people and dogs.

Turkey production in the United States soared in the early part of the twentieth century. In the 1990's, nearly 300 million turkeys were raised in the U.S. each year.

Because turkey is now a year-round meat, no longer used only for Thanksgiving, Christmas and other special occasions, its consumption has risen to more than 20 pounds per person each year in the United States. (The French consume 13 pounds, Italians 11 pounds, Germans 8, and English 7, per person)

J.A. Brillat-Savarin, in his book The Physiology of Taste, published in 1791, wrote of the American turkey as being "One of the most beautiful presents which the New World has made to the Old."





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## What's So Special About Turkey ?

Today, nearly 60 percent of the U.S. population is made up of one or two-person households. This is a dramatic change from the large families of previous generations. Now, career-minded singles, dual-income couples, single parents, "empty-nest" parents, and seniors are the majority. Turkey is a good choice for today's lifestyle.



First, it is convenient. Turkey is available in more than thirty different forms at the market. You can buy it fresh, frozen, already cooked, or smoked. It comes in portions for one or two, and for larger families.



Second, it is easy and quick to prepare.



Third, it is delicious. Whether it be a slice of plain white breast of turkey, a drumstick, or a plate of traditional roast turkey, it is moist, tender, and rich in flavor.



Fourth, it is a versatile meat. Turkey has the unique ability to take on and absorb seasonings and flavors, so you may use it in many of your favorite recipes.



Fifth, it is good for you. Turkey is low in calories, fat, and cholesterol. See the Nutritional Comparison chart on page 8.



Sixth, it is an inexpensive source of protein. There is little waste from fat and bones.

Convenient, easy to prepare, delicious, versatile, healthy, economical - that's turkey!

**PUN FACT:** The world's only family-owned turkey breeding company, Orlopp Turkey Breeding Farms, is located in Oroquieta, California. Orlopp is also the oldest turkey breeding company in the world.





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## There are Many Kinds of Turkey Meat

Not so long ago, "turkey for dinner" meant buying and roasting a whole bird for Thanksgiving and Christmas. Today, you can choose from many different forms of turkey for any meal at any time of the year. Here's what is available.

Whole turkeys range in size from 6 to 24 pounds. You can buy them pre-stuffed and pre-basted, even with a pop-out thermometer.

There are half turkeys, with half breast, one drumstick, one thigh and one wing. This portion is perfect for smaller families.

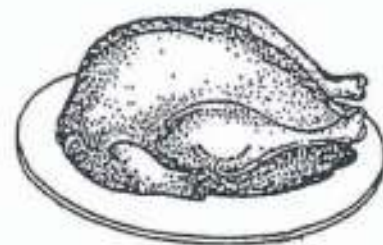
You can buy a whole or half breast. This is all white meat, particularly good as a pork substitute.

Thighs, the second joint of the leg, have juicy dark meat, are very simple to use and are low in price. Use them instead of beef, particularly in Italian dishes.

Drumsticks, the first joint of a turkey leg, are all dark meat and, like the thighs, are very versatile for a wide variety of dishes.

Wings, available whole or with the wing tip removed, are the least expensive turkey part. For many years they were used only in making soups. Today there are exciting recipes for turkey wings.

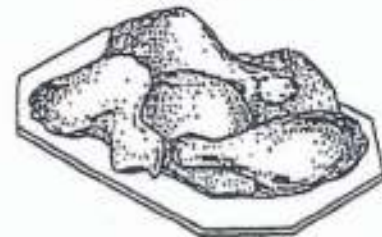
Roasts, both breast and hindquarters, are specially boned and bound with string, with a choice of white or dark meat, or both, in sizes from 2 to 8 pounds. The skin has been removed.



Whole Turkey



Whole Turkey Breast



Turkey Thighs, Wings,  
Drumsticks



Turkey Hindquarter Roast





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There are slices or steaks. These are cut from the tender white breast meat, to be used as you would use veal or tender beef steaks.

The tenderloin is the best cut of the turkey breast. Use it as you would use veal, pork or lamb.

Ground turkey is probably the kind of turkey used most. It can be used in any recipe that calls for ground beef, pork, or lamb.

Turkey sausage comes ground or as links. Like all turkey products, sausages are lower in fat content than their traditional source - pork.

The giblets, which include the heart, liver, gizzard, neck, and tail are now available separately for making soups and stews. (The English make a fabulous pâté with the liver.)

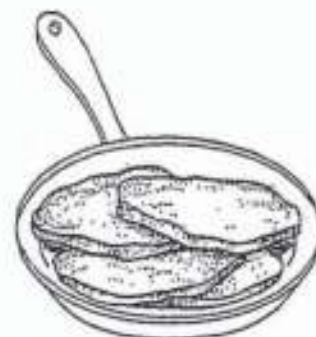
Cooked turkey is also available. The white meat, available in both thick and thin slices, is ideal for sandwiches, salads, and recipes calling for cooked turkey.

Turkey ham is boneless turkey thigh meat that is rolled, cured, and seasoned. It is available in the Deli section of your market.

Bacon-like turkey strips are fully cured and cooked and take just seconds to heat.

Turkey bologna, salami, pastrami, franks, and corn dogs are available in most Deli departments. All have one-third less fat than the originals, and many people prefer them.

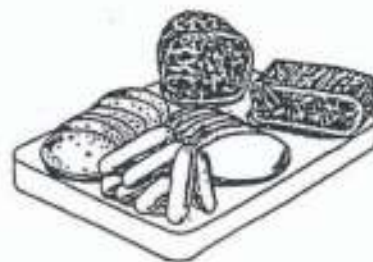
Smoked turkey, available as whole turkeys, breasts, wings, drumsticks, and slices, is fully cooked and has a robust hickory smoked flavor.



Turkey Breast Slices or Steaks



Ground Turkey



Turkey Ham, Bologna, Salami, Pastrami, Franks, and Weiners





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## NUTRITIONAL COMPARISON\*



Product	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Protein	Iron
Whole Turkey Per 4-oz. uncooked, skinless	133	3.2 gm	1.0 gm	73 mg	78 mg	24 gm	1.6 mg
Beef Per 4-oz. uncooked, trimmed	262	19.2 gm	7.7 gm	74 mg	65 mg	21 gm	2.1 mg
Pork Per 4-oz. uncooked, trimmed	254	18.4 gm	6.5 gm	77 mg	60 mg	20 gm	1.0 mg
Lamb Per 4-oz. uncooked, trimmed	272	20.0 gm	9.0 gm	78 mg	66 mg	20 gm	1.8 mg
Whole Chicken Per 4-oz. Uncooked, skinless	133	3.4 gm	0.9 gm	78 mg	86 mg	24 gm	1.0 mg
Ground Turkey Per 4-oz. uncooked	167	9.0 gm	2.5 gm	88 mg	105 mg	20 gm	1.4 mg
Ground Beef 70% lean Per 4-oz. uncooked	372	33.6 gm	12.6 gm	87 mg	75 mg	16 gm	1.8 mg
Ground Beef 80% lean Per 4-oz. uncooked	284	22.4 gm	8.6 gm	80 mg	75 mg	19 gm	2.2 mg



\* Nutritional Information Source: USDA, Agriculture Research Service, Nutrient Data Base



## GLOSSARY

**Agriculture**- The science and business of growing crops and raising livestock

**Beard**- A tuft of long, bristly, black, coarse hair attached to the breast of the male turkey

**Bill**- The beak of the turkey

**Biotechnology**- Science-based way to improve plants, animals, and microorganisms

**Caruncles**- Red-pink fleshy growths on the head and upper neck of the turkey

**Consumer**- One who uses something

**Environment**- The surroundings in which animals, people, and plants live

**Flock**- A group of turkeys

**Food Guide Pyramid**- A research-based food guidance system developed by the USDA that shows the amounts of food people should eat from the various food groups

**Habitat**- The place where a plant or animal normally lives and grows under natural conditions

**Incubator**- A special warming place to keep fertilized eggs until they hatch. The incubation period to hatch a turkey egg is 28 days.

**Poult**- A baby or young turkey

**Quill**- A large, strong turkey feather with a sharp tip that is sometimes dipped in ink and used for writing

**Snood**- A long, red, fleshy growth from the base of the beak that hangs down over the beak

**Tom**- A male turkey

**USDA**- United States Department of Agriculture

**Wattle**- Fold of red-pink fleshy skin on the throat and lower neck of the turkey





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## RESOURCES

### California Poultry Federation

4640 Spyres Way, Suite 4  
Modesto, CA 95356  
Phone: (209) 576-6355  
Fax: (209) 576-6119  
[www.cpif.org](http://www.cpif.org)

### California Farm Bureau Federation

2300 River Plaza Drive  
Sacramento, CA 95833  
1-800-698-FARM (3276)  
Fax (916) 561-5695  
[www.cfbf.com](http://www.cfbf.com)

### California Department of Food & Agriculture

1220 N Street Sacramento, CA 95814  
(916) 654-0466 (recorded contact information)  
(916) 654-0462 (Public Affairs Office)  
[www.cdfa.ca.gov](http://www.cdfa.ca.gov)

### United States Department of Agriculture

1400 Independence Ave., S.W.  
Washington, DC 20250  
[www.usda.gov](http://www.usda.gov)

### USDA Food Guide Pyramid

[www.usda.gov/cnpp/pyramid.html](http://www.usda.gov/cnpp/pyramid.html)

### California Foundation for Agriculture in the Classroom (CFAITC)

2300 River Plaza Drive  
Sacramento, CA 95833-3293  
(916) 561-5625  
(800) 700-2482  
Fax (916) 561-5697  
email : [cfaite@cfbf.com](mailto:cfaite@cfbf.com)  
[www.cfaite.org](http://www.cfaite.org)



## Reference Books

Baldwin, Margaret. *Thanksgiving*. New York: Franklin Watts, 1963

McGovern, Ann. *...if you sailed on the Mayflower*, New York: Four Winds Press, 1974

Patent, Dorothy Henshaw. Photographs by William Munoz. *Wild Turkey, Tame Turkey*, Clarion Press: New York, 1989

Stemple, David. *High Ridge Gobbler-A Story of the American Wild Turkey*, Collins World: Cleveland, 1979

