



## INTRODUCTION

The goal of your ***Chicken-From the Egg to Your Table*** kit is to provide students with fun and active learning centered around the chicken. The materials are aligned with the California State Content Standards for Grades 4-6.

## LEARNER OUTCOMES

The student will:

- tell about the history of the chicken
- tell how the chicken is produced, goes to market, and is ready for consumption
- reflect and write about the chicken by writing a persuasive letter to a relative or friend
- learn about food safety and preparation in the kitchen
- learn "10 Fast Facts" about California chickens

## 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 1-2

1. With a partner, group, or whole class, have students complete "Chicken-From the Egg to Your Table" using the "Word Bank." Then read aloud with the correct answers.
2. Share and discuss :
  - 1) Discuss the history of chickens in North America.
  - 2) Discuss the process of how an egg comes to our table. Draw a diagram explaining the steps at the bottom of page 2.
  - 3) How can your family purchase chicken?
  - 4) What are the different ways chickens can be prepared?
  - 5) What is your favorite way of eating chicken?

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### Page 3

1. Read the passage together. Assign the letter.

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### Page 4

1. Discuss and do the activity "Out of Place."
2. Discuss and do the "Food Safety" Quiz together.
3. Brainstorm other tips for "Food Safety." Share and discuss.

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### Page 5

1. Assign the students the "10 Fast Facts" about chicken. Discuss and correct together.

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### Page 6

1. Assign the Word Search.



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**Page 7**

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

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**Page 8**

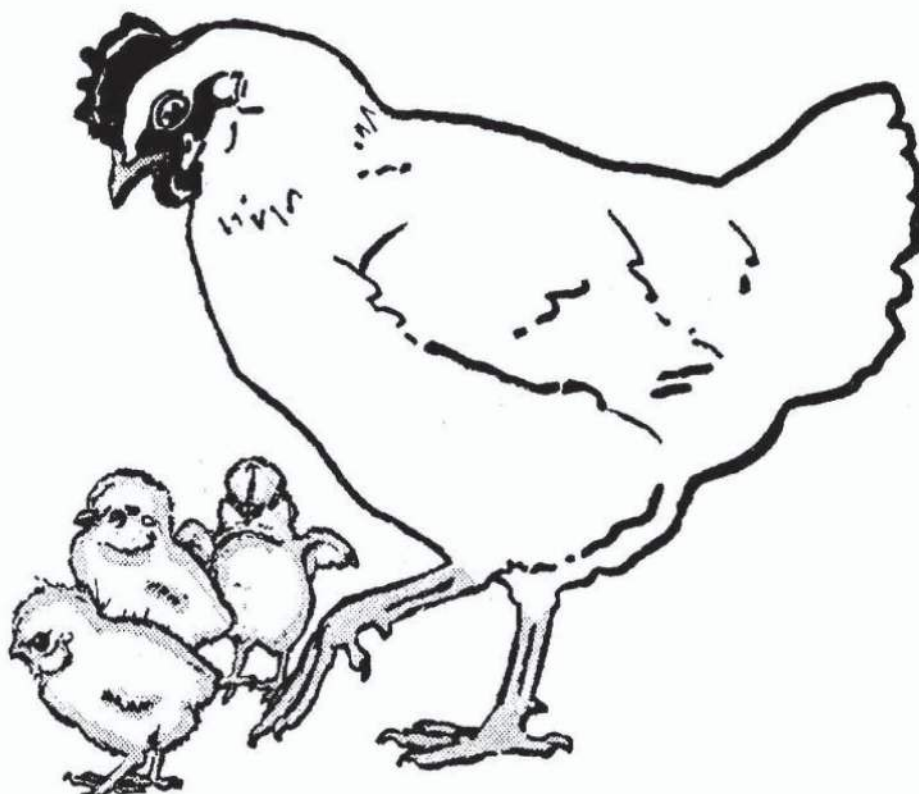
1. Read and discuss the major California poultry companies.
2. Assign the students to create a company logo. Share aloud.

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**Page 9**

1. Bonus Activity! Color the "Chicken - from the Egg to Your Table" sheet.
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# CHICKEN FROM THE EGG TO YOUR TABLE



## Teacher's Guide

### There Are Many Kinds of Chicken Meat

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

There are whole chickens. You can buy them marinated and seasoned, even with a pop-out thermometer.

Whole or half breasts are all white meat. They are particularly good to substitute for pork.

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 chicken leg, are all dark meat and, like the thighs, are very versatile for a wide variety of dishes.

Wings are available whole or with the wing tip removed. For many years, they were used only in making soups. Today, there are exciting recipes for chicken wings. A party favorite is spicy drumettes with sauce for dipping.

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

The tenderloin is tender and easy to prepare. Use as you would veal, pork or lamb.

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

The giblets, which include the heart, liver, gizzard, and neck are available separately for making soups, stews, and for frying.

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

Smoked and seasoned sliced meat, as well as chicken franks, and corn dogs are available in most deli departments. All have considerably less fat than the originals, and many people prefer them.



Whole Chicken



Whole Chicken Breast



Chicken Thighs, Wings, Drumsticks



Chicken Legquarter Roast



Chicken Breast Slices



Ground Chicken



Franks, Smoked and seasoned Deli meats



# NUTRITIONAL COMPARISON\*

Product	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Protein	Iron
Whole Chicken Per 4-oz. Uncooked, skinless	133	3.4 gm	0.9 gm	78 mg	86 mg	24 gm	1.0 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 Turkey Per 4-oz. uncooked, skinless	133	3.2 gm	1.0 gm	73 mg	78 mg	24 gm	1.6 mg
Ground Chicken Per 4-oz. Uncooked	180	11.0 gm	3.0 gm	55 mg	90 mg	19 gm	1.2 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





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

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

**Breeder Chickens**---Specially bred mature males and females that produce hatching eggs

**Fryer**---A young, meaty chicken 6-7 weeks of age, weighing 3-4 pounds, ready-to-cook weight

**Brooder**---A heating unit used to provide warmth for baby chicks

**Chick**---A newly hatched chicken

**Comb**---The red, fleshy outgrowth on the top of the head of a chicken

**Consumer**---One who uses something

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

**Feed Mill**---A place where feed ingredients are stored, processed, mixed, and distributed

**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

**Grading**---The process of evaluating quality and appearance---U.S.D.A. Grade A birds are fully fleshed and meaty, well finished and free from skin defects, such as tears and bruises

**Growers**---Farm families who raise and provide daily care for chickens

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

**Hatchery**---A place where eggs are incubated and the chicks are hatched

**Incubator**---A machine with controlled moisture and heat used in hatching eggs





**Inspection**---Government required and regulated process by which all chickens are checked for wholesomeness. Poultry bearing the official inspection seal (in the form of a circle) is from a healthy flock, is processed under rigid sanitary conditions, contains no harmful chemicals or additives, is properly packaged and truthfully labeled.

**Layer**---An adult female chicken that produces table eggs

**Plumage**---The feathers of the chicken

**Processing Plant**---The place where chickens are taken from the farm to be prepared and packaged for market

**Ready-to-cook**---A processed chicken that is ready for the pan

**Roaster**---A chicken about 7-9 weeks old weighing 5-7 pounds dressed weight

**Rock Cornish**---A young chicken, 4-5 weeks old, weighing less than two pounds when ready to cook

**Rooster**---An adult male chicken

**USDA**---United States Department of Agriculture

**Wattel**---The red, fleshy growth under the beak of a chicken

## REFERENCE BOOKS

Hariton, Anca, **Egg Story**, Random House, 1994

Haidle, Helen, **I'm Sorry You Can't Hatch an Egg**, Zondervan, 1998

Johnson, Sylvia A, **Inside an Egg**, Lerner Publications Company, 1982

Whelchel, Harriet, **Extraordinary Chickens**, Harry N. Abrams, Inc., 2000

Schuh, Mari C., **Chickens on the Farm**, Capstone Press, 2002

Griffen, Margaret and Deborah Seed, **The Amazing Egg Book**,  
Addison Wesley, 1989

Dunrea, Oliver, **The Painter Who Loved Chickens**,  
Farrar Straus Giroux, 1995







## 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 and Agriculture

1220 N Street  
Sacramento, CA 95814  
(916) 654-0466 (recorded contact information)  
(916) 654-0462 (Public Affairs Office)  
[If you are using a TTY/TDD dial 1-800-735-2929  
From all other locations using a TTY/TDD dial 1-800-735-2922]  
[www.cdfa.ca.gov](http://www.cdfa.ca.gov)

### 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  
E-mail [cfaitc@cfbf.com](mailto:cfaitc@cfbf.com)  
[www.cfaitc.org](http://www.cfaitc.org)

### 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)

