

# CHICKEN FROM THE EGG TO YOUR TABLE



## STUDENT LEARNING ACTIVITIES

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

\*Chicken feet (properly cleaned and inspected) are considered a food delicacy in the Far East.

### WORD BANK

Find the correct answer from the word bank to fill in the blanks below. Each word is only used once.

80	chicks	families	healthful	meat	reasonable	veterinarians
air	chicken	female	houses	poultry	roam	world
business	comfortable	flock	incubators	predators	supermarket	young
cages	egg	fryer	Jamestown	production	transported	
chick	eggs	hatch	market	protein	vitamin	

Spanish explorers brought the first chickens to North and South America in the 1500s. English colonists also brought chickens with them when they sailed to the New World. Settlers at \_\_\_\_\_ raised small flocks as early as 1607. Later, almost every farmer had a small \_\_\_\_\_ that helped feed his family.

The chicken \_\_\_\_\_ in America today is a technologically advanced food production system. No longer a casual backyard enterprise, modern day chicken \_\_\_\_\_ requires a knowledgeable, skilled team to bring the chicken from the \_\_\_\_\_ to your table.

As you study about chickens, it is helpful to be familiar with some common terminology. A chicken, either male or \_\_\_\_\_, that has just been hatched from the egg is called a \_\_\_\_\_. A Rock Cornish Game Hen is a \_\_\_\_\_ chicken four to five weeks old, weighing about two pounds when ready to cook. The \_\_\_\_\_ chicken is about six to seven weeks old with a ready-to-cook weight of three to five pounds. This is the type of chicken generally available in the \_\_\_\_\_. A roaster \_\_\_\_\_ is between seven and nine weeks of age and weighs five to seven pounds.

Chickens are raised for either \_\_\_\_\_ or eggs. Chickens that are grown for meat are called "fryer" chickens. They are different from chickens known as "layers" that supply the \_\_\_\_\_ that we eat.

Chickens are raised by farm \_\_\_\_\_ that operate company owned poultry houses and equipment, or by private ranchers that raise the birds for the company. They provide the day-to-day management needed for the growth, welfare, and productivity of the flocks. \_\_\_\_\_ companies supply growers with chicks, feed, bedding materials, propane gas to heat the houses, health care for the chicks, and technical assistance in raising the birds.



\*DID YOU KNOW? : A new process allows chicken feathers to be transformed into strong absorbent fibers with the potential for use in making air filters, oil filters, and disposable diapers.

### CORRELATION TO STANDARDS

\_\_\_\_\_ 2  
\_\_\_\_\_ 2  
**6TH Grade : R 1.0, 1.1, 1.4, 2.0**

The production process begins on a breeder farm where breeder hens lay hatching eggs. The eggs are taken to a hatchery where they are placed in \_\_\_\_\_ and held at ideal temperatures and humidity. Twenty-one days later the eggs \_\_\_\_\_. The newly hatched \_\_\_\_\_ are placed in trays that are loaded onto buses known as "chick buses" and \_\_\_\_\_ to a farm where they will spend the next six to seven weeks.

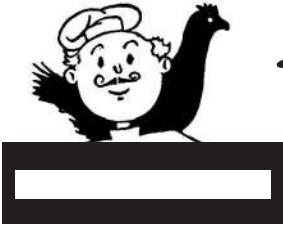
On the farm, chicks live in poultry \_\_\_\_\_ that are generally longer than a football field and about one-fourth as wide. The house protects the chickens from disease and \_\_\_\_\_. Because chickens are not raised in cages, they are free to \_\_\_\_\_ about the house. Heat and ventilation are carefully controlled in the poultry house. During summer months, large fans, water misting systems, or evaporative cooling systems cool the houses to a \_\_\_\_\_ temperature.

The chicken's diet consists of a mixture of corn and soybean meal with \_\_\_\_\_ and mineral supplements. No hormones are used in commercial chicken production. Feed and water are dispensed automatically. The poultry producer and a flock supervisor from the poultry company monitor the birds throughout the grow-out period. \_\_\_\_\_ Company \_\_\_\_\_ are available to provide health care if needed.

Just as a grower cares for the birds, he or she also conscientiously does his part to protect the water, the land, and the \_\_\_\_\_.

When chickens have grown to market size, a catching crew comes to the farm to catch the birds and place them in \_\_\_\_\_ designed to protect them from injury. The cages are transported by truck to the processing plant where the birds are processed, inspected for wholesomeness by trained government inspectors and the poultry company's quality control personnel, and packaged for \_\_\_\_\_. Each week thousands of truckloads of chicken are shipped from poultry processing plants to consumers throughout the United States and around the \_\_\_\_\_.

Nutritionally aware consumers value the role of chicken in a \_\_\_\_\_ diet. Chicken has fewer calories than many meats: it is low in fat and high in \_\_\_\_\_, vitamins, and minerals. Chicken is easy to digest and is a versatile food that can be prepared in many ways. It is readily available at \_\_\_\_\_ prices and in a variety of forms ranging from fresh whole birds to \_\_\_\_\_ an ever-growing list of convenience products. Annual consumption of broiler chicken has risen from five pounds per person in 1945 to about \_\_\_\_\_ pounds per person in 2000.



\*DID YOU KNOW? : A hen lays between 250-300 eggs per year.

Grandma was right, Chicken soup can help you feel better when you have a cold. Research from the Mayo Clinic and UCLA supports this view.

Once a hen lays an egg, it takes 18-21 days to hatch. An egg weighs approximately 2 ounces.

CORRELATION TO STANDARDS  
 \_\_\_\_\_  
 2  
 2  
 6TH Grade : R 1.0, 1.1, 1.4, 2.0



Chicken is not just good to eat, it's good for you, too! Chicken supplies plenty of protein to help your body grow. It also provides minerals such as iron that builds healthy blood and vitamins, especially the B-vitamins. Chicken contains only limited amounts of fat (that's good) and those amounts can be even lower if you don't eat the skin of the chicken.

Think about the variety of ways chicken can be cooked and list them. Write a letter persuading a relative or friend to buy chicken. Summarize the information from pages 1-2 and organize your letter. State your evidence and address any concerns there might be. You can add pictures from magazines or draw and color your own. Be creative! Proofread for complete sentences, and any grammar, spelling, and punctuation errors there might be. Be prepared to share your letter in class.

Lined area for writing a letter or summary.



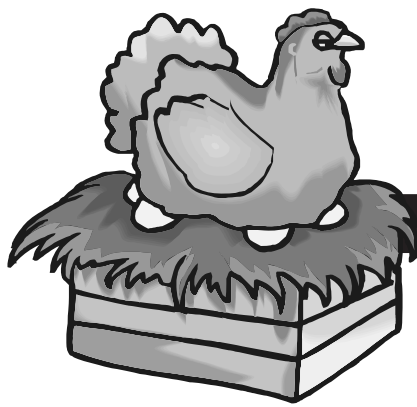
**DID YOU KNOW?** : A chicken, on average, has more than 8,000 feathers. However, the number of feathers will vary from one breed to another.

#### CORRELATION TO STANDARDS

b

5

**6TH Grade** : W 1.1, 2.5, 2.5.a, 2.5.b, 2.5.c, - LC 1.0, 1.2, 1.4, 1.5 - LS 1.0



# Out of Place



**\*DID YOU KNOW? :** Americans eat about 80 pounds of chicken per person per year, an increase of more than 50 pounds per person since 1960.

1. Chickens have  
feathers                      beaks                      eyes                      ears                      brushes                      combs
2. Names that can refer to chickens are  
hen                      rooster                      chick                      piglet
3. Parts of a chicken that can be bought in a supermarket are  
thighs                      drumsticks                      chops                      wings                      breasts
4. To raise chickens, a farmer needs  
water                      feed                      lights                      a bathtub                      a building
5. These are ways to cook chicken  
fried                      baked                      frozen                      grilled
6. A chicken house contains  
a watering system                      stoves                      refrigerators                      fans
7. Buildings used in producing and marketing chickens  
hatchery                      chicken house                      kennel                      processing plant                      supermarket
8. These people help with growing chickens  
policeman                      flock supervisor                      farmer                      veterinarian
9. Chickens can  
eat                      drink                      sleep                      sing
10. Chicken feed contains  
corn                      minerals                      potatoes                      soybeans



**\*DID YOU KNOW? :**

A chicken can run at the speed of 25 miles per hour.

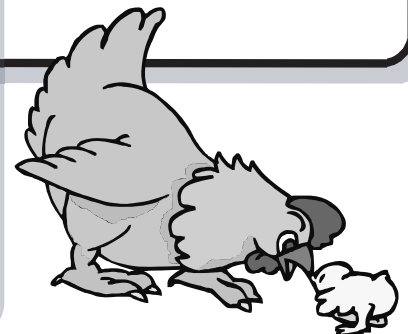
1. At a party, picnic, or family meal, it's okay to leave food on the table for \_\_\_\_\_.  
a. no more than 2 hours  
b. no more than 3 hours  
c. no more than 6 hours
2. The best way to know that chicken is cooked until done is to \_\_\_\_\_.  
a. use a meat thermometer  
b. check for tenderness  
c. see if it looks done

**\*DID YOU KNOW? :** Chicken feed is made up of 65% corn, 25% soybean meal plus small amounts of animal protein plus vitamins and minerals.

## FOOD SAFETY Quiz

Circle the correct answer.

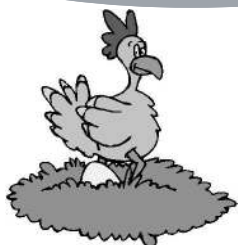
3. If you handle raw meat or chicken, before you touch anything else, you should \_\_\_\_\_.  
a. wipe your hands on a towel  
b. wash your hands with hot soapy water  
c. wipe your hands on your pants
4. The best way to thaw frozen chicken or meat is to \_\_\_\_\_.  
a. place it on the kitchen counter for a few hours  
b. place it in the refrigerator overnight  
c. place it on top of the clothes dryer
5. When packing food for lunch, refrigerated food will be safe for several hours if \_\_\_\_\_.  
a. the food is in a cooler or ice chest  
b. a special ice pack is included  
c. the food is frozen when packed  
d. All of the above



# CHICKEN FROM THE EGG TO YOUR TABLE



## 10 FAST FACTS



Complete the "10 Fast Facts" about chicken. If you need to, use the words at the bottom of the page.

1. California \_\_\_\_\_ eat more chicken than any other state, more than 3 billion pounds per year. That is almost 30 chickens per person!
2. In 2001, California chicken producers raised more than 240 million birds, which ranks California among the top \_\_\_\_\_ chicken producing states.
3. Major California chicken brands are \_\_\_\_\_, Petaluma Poultry Processors, Fulton Valley Farms, and Shelton's. More than 90% of the farms are family owned.
4. Most California chicken is sold in \_\_\_\_\_ and grocery stores, and 97% is sold in California and the West Coast.
5. California sells more \_\_\_\_\_ chicken than any other state.
6. More than two-thirds of California consumers say they prefer \_\_\_\_\_ chicken over frozen.
7. Consumers prefer "\_\_\_\_\_ Grown" chicken to out-of-state brands.
8. Petaluma Poultry Processors produced the first certified "\_\_\_\_\_" chicken in the nation, and today California produces more organic chicken than any other state.
9. Foster Farms is the \_\_\_\_\_ chicken company in the Western United States.
10. California chicken brands are popular and are known for having fresh and \_\_\_\_\_ chickens.

### WORD BANK

California

h

natural

seven

consumers

fresh

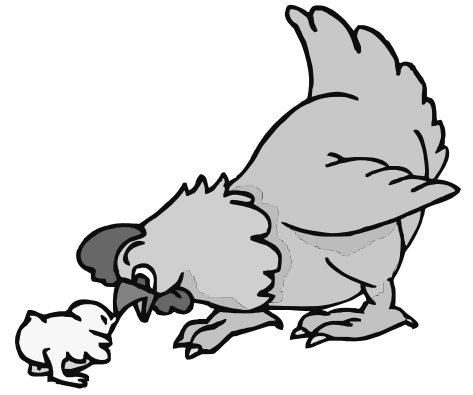
organic

supermarkets

Foster Farms

largest

# CHICKEN FROM THE EGG TO YOUR TABLE



Solve the Word Search using the "Word Bank." The words may be vertical, horizontal, and diagonal.

P	S	N	F	O	I	N	C	U	B	A	T	O	R	E
R	O	L	O	T	R	S	D	E	F	N	S	B	C	M
N	B	U	W	S	N	T	J	L	C	H	I	C	K	S
F	G	T	L	A	Y	E	R	H	O	D	B	R	T	V
B	F	P	R	T	L	B	I	N	R	G	H	B	A	D
G	L	E	B	S	R	P	G	L	N	I	F	E	E	D
C	O	I	N	F	R	Y	E	R	T	A	E	A	H	O
H	C	J	C	B	I	F	L	O	C	K	A	T	A	C
I	K	L	M	A	E	B	F	A	J	O	T	E	T	B
C	O	U	P	L	E	W	A	F	A	O	H	R	C	L
K	B	E	U	H	X	F	R	Y	E	R	E	R	H	E
E	C	F	L	D	R	Z	M	U	C	D	R	E	E	P
N	G	M	L	U	K	L	E	L	T	V	S	M	R	E
A	N	H	E	N	M	B	R	O	O	D	E	R	Y	A
R	D	I	T	E	H	M	N	E	T	T	E	R	S	T
S	V	T	N	B	E	A	R	O	O	S	T	E	R	S

## WORD BANK

**BROODER**  
**CHICKEN**  
**CHICKS**  
**CORN**

**FARMER**  
**FEATHERS**  
**FEED**  
**FLOCK**

**FRYER**  
**HEN**  
**INCUBATOR**  
**LAYER**

**POULTRY**  
**ROOSTER**



# Kids in the Kitchen

## My Kitchen Plan

Check off the things you do.  
Tell why each is important:

- \_\_\_\_\_ Have an adult helper.
- \_\_\_\_\_ Read the recipe. Collect everything you need.
- \_\_\_\_\_ Wash hands with warm, soapy water before handling food.
- \_\_\_\_\_ Make sure everything that touches the food is clean (tables, pans, counters, etc.).
- \_\_\_\_\_ Be very careful of sharp tools, hot stoves.
- \_\_\_\_\_ Keep hot foods hot, cold foods cold.
- \_\_\_\_\_ Clean up and wash dishes!

Cooking is fun!  
But to be safe,  
you need help!



Make sure  
chicken is cooked all the  
way through and is no  
longer pink.

## EASY MEXICAN PIZZAS

### You need:

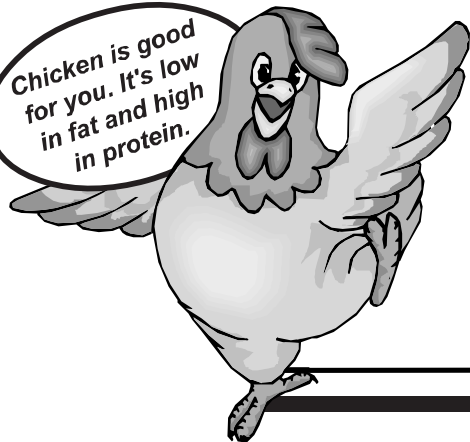
- ☐ 1 pkg. (8) 10-inch burrito-size flour tortillas, divided
- ☐ 2 c. Mexican Blend Shredded Cheese, divided
- ☐ 1 tbsp. vegetable oil
- ☐ 1 pkg. Foster Farms Boneless Skinless Chicken Breasts, cut into small pieces
- ☐ 1 pkg. taco seasoning mix, divided
- ☐ 1 can (1 lb.) refried beans
- ☐ Thick & Chunky Taco Sauce
- ☐ Toppings: chopped tomato, sliced green onions and ripe olives

### You do:

1. Preheat oven to 375 degrees. Place 4 tortillas on greased baking sheets.
2. Sprinkle each with 1/4 c. of cheese.
3. Place remaining tortillas on top of cheese.
4. Heat vegetable oil in large skillet over medium heat.
5. Add chicken; cook for 4 to 5 minutes or until no longer pink.
6. Add 2 tbsp. seasoning mix and 1 tbsp. water in small bowl. Mix well. Add to chicken, stir, then remove from heat.
7. Combine refried beans, remaining seasoning mix, and 1 tbsp. of water in small bowl.
8. Spread about 1/3 c. bean mixture on each tortilla.
9. Layer with a drizzle of taco sauce, chicken mixture, remaining cheese and toppings.
10. Bake for 5 to 8 minutes or until cheese is melted.



Chicken is good  
for you. It's low  
in fat and high  
in protein.

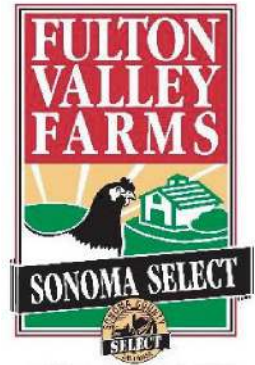


FAST FACT: California consumers eat more chickens than any other state, more than 3 billion pounds per year.



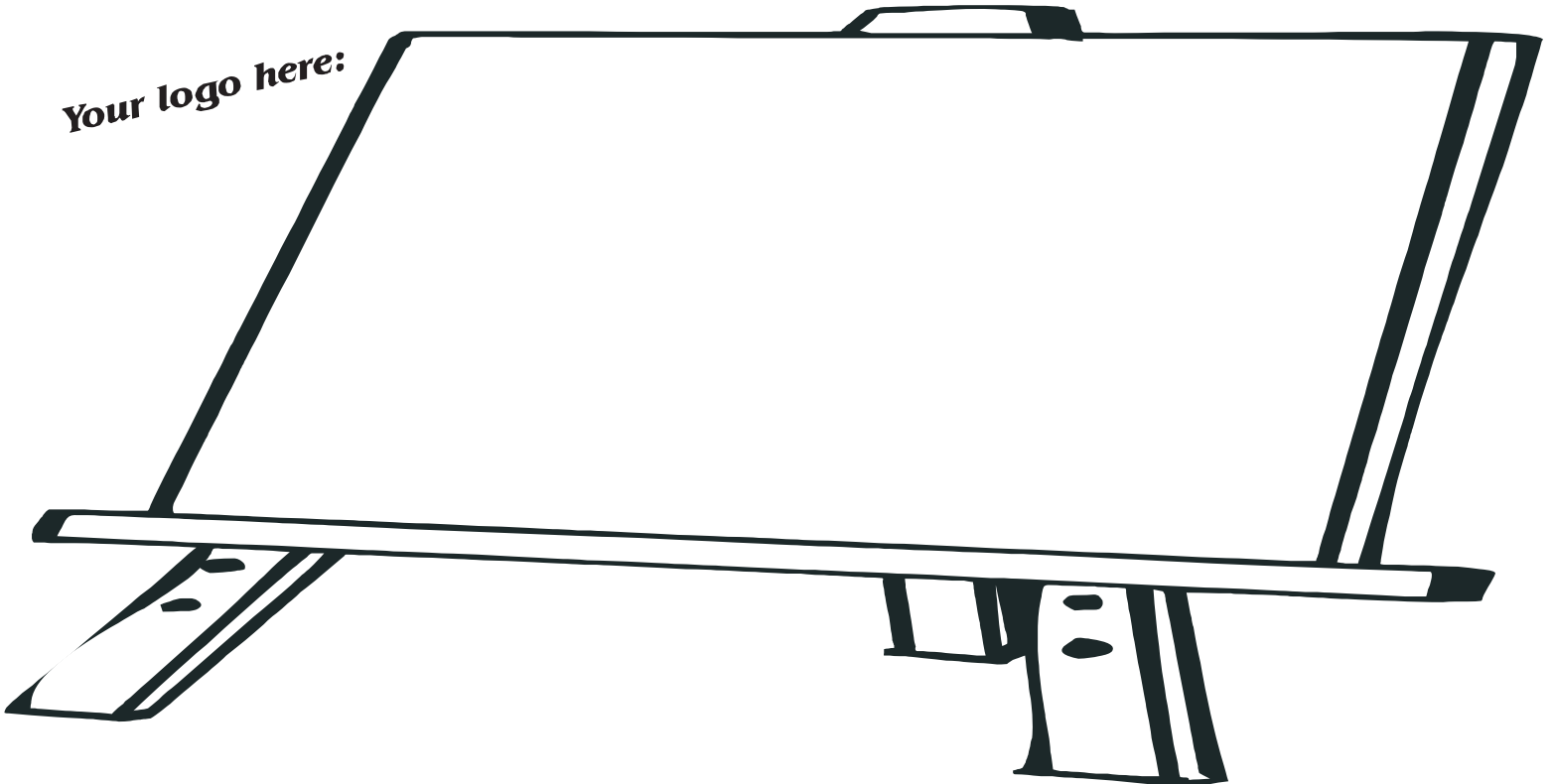
Be Californian  
**Buy California Grown<sup>SM</sup>**

Here are the logos for several California Poultry Producers. How many do you recognize?



Note how creative and colorful the logos are. Create a name for your own poultry company and design your own logo. Make it colorful, appealing to the eye, and add a slogan if you wish. Be prepared to share it with your class.

*Your logo here:*





NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# CHICKEN

*From the* **EGG**

**COLOR ME!**



***TO YOUR TABLE***