



## ONTARIO TURKEY FAMILY STUDIES/NUTRITION CLASS PROGRAM OUTLINE

### Overview of Course Outline:

- **Introduction**
- **Discussion about turkey (production, nutrition)**
  - Doan Family Farm (video)
  - Turkey Farmer Q & A (or other supplemental material)
  - Nutrition/Available turkey products
- **Using turkey during the holidays**
  - ✓ Demonstration of how easy it is to prepare a whole turkey for roasting
  - ✓ Emily's turkey herb rub
  - ✓ Talk about other turkey cuts and offerings available for smaller holiday gatherings (stuffed turkey breast), that are economical, easy to prepare.
- **Turkey cooking demonstration/Cooking technique(s) used in the recipe**
- **Review of common kitchen safety tips and/or poultry handling tips (Optional)**
- **Prepare recipe (Interactive along with Emily)**

When a date/time, recipe and details have been confirmed a grocery list, and a modified recipe for a single/individual serving will be provided.

  - Recipes:
    - ✓ [Skillet Chipotle Turkey Burrito Bowl](#) (ground)
    - ✓ [Spicy Turkey Tacos](#) (ground)
    - ✓ [Turkey Nuggets](#) (breast)
    - ✓ [One Pot Turkey Alfredo](#) (breast)
    - ✓ [Spicy Sheet Pan Turkey and Broccoli](#) (breast)
    - ✓ [Turkey Tomato Alphabet Soup](#) (breast) - the turkey could be removed, if the student does not cook with turkey
- **Eat dish/question period**
- **Clean-up workstation**



## **Class Formats**

The program has been developed in a variety of different formats and can be modified to best suit your specific class/school situation. Not all classes run the same and Turkey Farmers of Ontario wants to be sure they are providing an experience that is beneficial to the students, but also fits into your schedule.

- 1. Interactive session for in-class**
- 2. Interactive session via Google or Zoom where everyone participates online**
  - a. some boards may not allow camera to be on and/or allow student to cook at home unsupervised due to privacy and liability issues
- 3. Interactive session via Google or Zoom where some students are in class vs. some students are at home (hybrid model)**
  - a. Make sure to involve students that are at home participating online, especially if not permitted to cook. The student can watch the cooking demonstration live, but instead of cooking, they could participate by completing an assignment/questions, so the teacher knows they participated
- 4. Recorded session a teacher can use to supplement their teaching**
  - a. This would be a shorter video (60-75minutes) where the chef/home economist talks about turkey production/nutrition and delivers a turkey cooking demonstration, followed by a step-by-step walk through of preparing the recipe.
  - b. The teacher can pause the video during the different steps of the recipe preparation, so students can have a little bit more time to complete each task