



Ducks Worksheet

Objective(s):

Students will learn the importance of food safety and how preparing food correctly affects their daily lives. Students also will learn the nutritional benefits of including lean protein, like duck, in their diet.

Indiana Academic Standards:

Health & Wellness

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

8.1.1 Analyze the relationships between healthy behaviors and person health.

7.1.1 Examine how healthy behaviors influence personal health.

National Agricultural Literacy Outcomes

Food, Health, and Lifestyle Outcomes

T3.608.a. Demonstrate safe methods for food handling, preparation, and storage in the home.

Materials:

Student worksheet

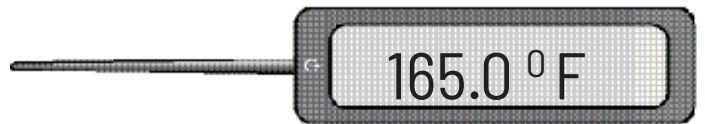
Writing utensil

DUCKS

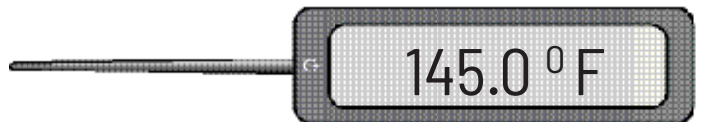
Background Information: One of the key components of food safety is ensuring meat is cooked to the right temperature before it is served. That is why you should use a digital thermometer to read the temperature of meat while cooking. Each type of meat has a different temperature that it must be cooked to make sure it is safe to eat.

Directions: Research each type of meat and match it to the correct minimum cooking temperature on the thermometer. Once you are finished, ask your instructor to check and see if you are correct.

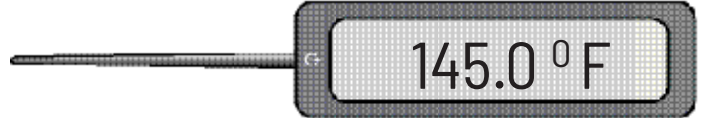
BEEF



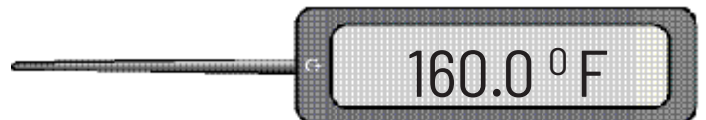
POULTRY



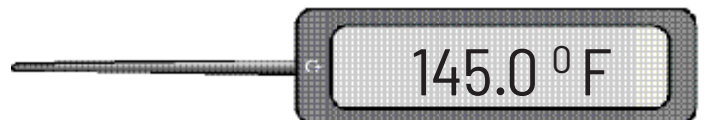
FISH



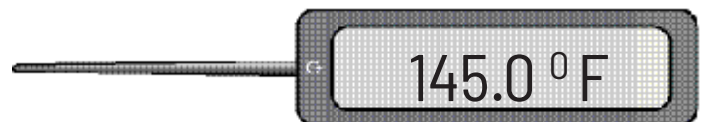
PORK



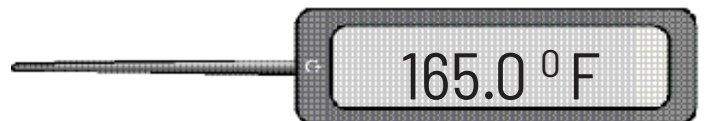
LAMB



GROUND MEAT



LEFTOVER MEAT





Teacher Answer Key

Fresh beef (steaks, roasts) - 145

Poultry (duck, chicken, turkey) - 165

Fish (with fins) - 145 (flesh is opaque and separates easily with a fork)

Lamb - 145

Fresh pork - 145 (with a rest time of three minutes)

Ground meats (sausage and hamburger) - 160

Leftover meat - 165

Supplemental Information

- Indiana is the largest producer of ducks in the country.
- Most ducks in Indiana come from Maple Leaf Farms in northern Kosciusko County, Leesburg, which is the largest duck farm in Indiana.
- There are several products that we can get from ducks, such as, their lean meat, and feathers for stuffing quilts and pillows.
- Explain to students that a duck is a poultry animal, which is a term used to describe a bird that is domesticated and raised for their products, including meat, eggs and feathers.
- Indiana has 73% of the US duck production, producing over 20 million ducks annually.
- **Careers:** Poultry barn worker, breed manager, veterinarian and meat scientist