

Study Guide

Poultry

Directions: Read chapter 35, and answer the following questions. Later, you can use this study guide to review.

1. List the nutrients in poultry.

2. How can you reduce the amount of fat in poultry?

3. Name the four most common types of poultry.

4. Refer to Figure 35.1 to compare the ages and weights of broiler-fryer chickens with roaster chickens.

5. Refer to Figure 35.1 to list the benefits of cooking a stewing chicken with moist heat.

6. Refer to Figure 35.1 describe capons and how are they usually cooked.

7. Describe the advantages and disadvantages of eating free-range chickens.

8. Refer to Figure 35.1 to list and describe three common types of turkeys.

9. Refer to Figure 35.1 to describe the two common types of duck that are available?

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Chapter 35 Study Guide (continued)

10. How is cut-up poultry sold?

11. Name three organs usually included in a package of giblets.

12. Describe grade A poultry. What are its qualities?

13. List three things you should avoid when buying poultry.

14. How long should fresh poultry be stored in the refrigerator?

15. Explain the difference between broiling and grilling chicken.

16. List the risks of stuffing a whole bird.

17. Where should you insert the meat thermometer when roasting poultry?

Activity 1**Poultry**

Poultry Match-Up

Directions: Read each description of a person's planned meal or favorite recipe. Recommend a type of poultry (being as specific as possible) that will meet that person's needs. Explain your recommendation.

1. Sharon is going to make burgers tonight, but she's worried about the high saturated fat and cholesterol in beef.

Recommendation: _____

2. Jerrod is thinking about making his favorite chicken-vegetable soup, but he doesn't have much money to spend on groceries this week.

Recommendation: _____

3. Ginny's whole family will be in town next week for a family reunion. She's expecting about 20 people.

Recommendation: _____

4. Victor is hungry for hot dogs, but his doctor has told him to stay away from beef and pork products for a while.

Recommendation: _____

5. Rich is planning a formal dinner for four. He wants each plate to have its own broiled "bird."

Recommendation: _____

6. Everett likes dark meat, but chicken and turkey aren't quite flavorful enough for his taste.

Recommendation: _____

Activity 2**Poultry****Do the Math!**

Directions: In each of the scenarios given below, determine the cost per serving for each poultry item. Then identify which poultry item in each scenario is the best buy. Show your math in the space provided.

1. You are having five of your friends over for dinner on Friday night and you plan to serve baked chicken breast as the main dish. In this week's supermarket ad, bone-in chicken breast is selling for \$2.29 per pound and boneless chicken breast is selling for \$3.99 per pound. Boneless chicken breast has four servings per pound; bone-in chicken breast has two servings per pound. Which type of chicken breast should you purchase for Friday's dinner?

Bone-in Chicken Breast	Boneless Chicken Breast
<hr style="border: 0; border-top: 1px solid black; margin: 0;"/>	

2. Michaela is having 12 people to her home for a family dinner. She wants to roast a turkey. Turkey is selling for \$1.39 per pound at her local supermarket. Michaela knows that small turkeys average one pound per serving because of the bone. What size turkey will Michaela need to serve everyone plus have three pounds left over for turkey sandwiches. How much can she expect the turkey to cost? Show your math.
