Turkey Nutrition

Nutrition influences the quality of turkey products we enjoy. Similar to humans, turkeys need a carefully balanced diet to keep them healthy and productive. Turkeys require a high protein and high energy diet for optimum development, as well as a good immune system.

Turkey growers provide feed to each turkey house. In general, the feed contains 50% corn, 29% soy, and 1% vitamins and minerals. Represent these numbers in percent, decimal, and fraction form.

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
<th>Decimal</th>
<th>Fraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamins and Minerals</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Turkey is low in fat and high in protein. It is a source of iron, zinc, phosphorus, potassium, and B vitamins.

- Proteins function as building blocks for bones, muscles, cartilage, skin and blood.
- Iron is used to carry oxygen in the blood.
- Zinc helps the immune system function properly.
- Phosphorus is required by the body for the formation of bones and teeth.
- Potassium-rich diets may help to maintain healthy blood pressure.
- B vitamins (thiamin, riboflavin, niacin and folate) play a key role in metabolism and are essential for a healthy nervous system.

The amount of food you need depends on age, gender and physical activity. Visit www.choosemyplate.gov to find out how turkey products fit into your recommended daily allowance.

What’s in a Name?
The name of the Presidential Turkey—and his alternate—will be chosen by “the people.” To take part in this democratic process, visit www.whitehouse.gov.

Previous names include Cheese and Mac, Popcorn and Caramel, Cobbler and Gobbler, and Liberty and Peace.

Interactions, Energy, and Dynamics: MS-LS2-3
5th grade: Energy: 5-PS3-1
6th grade: Ecosystems:

Whst.6.7 6th grade: Writing: W.6.7
5th grade: Writing: W.5.7

ELA CCSS

4th grade: Writing: W.4.7
Math CCSS

4th grade: Number and Operations – Fractions: 4.NF.

Turkey Nutrition
Mark CCM

4th grade: Number and Operations – Fractions: 4.NF.
Turkeys

ELA CCSS

4th grade: Reading Informational Text: RI.4.7
5th grade: Reading Informational Text: RI.5.7
6th grade: Reading Informational Text: RI.6.7

Reading for Literacy in Science and Technical Subjects: RST.6.7

ELA CCSS

4th grade: Writing: W.4.7
5th grade: Writing: W.5.7
6th grade: Writing: W.6.7

Writing for Literacy in History/Social Studies, Science and Technology:

4th grade: WRI.6.7
5th grade: WRI.6.7
6th grade: WRI.6.7

You Are What You Eat!

On a separate piece of paper, draw a food chain or web that includes you, turkeys, and what turkeys eat.

Hatch turkeys in class to observe, monitor and journal about the process. Temperature and relative humidity, which measures the amount of moisture in the air, are extremely important in the process of egg incubation. Student scientists will keep a daily log of temperature, egg turning, humidity, water level and visual observations. McMurray Hatchery and Cackle Hatchery are examples of websites that sell turkey eggs.

Show students why feathers are so important to turkeys and other birds. Students can dissect turkey feathers to explore how birds have adapted over time, investigate the benefits of a hollow design, and observe the intricate series of barbs and barbules that give feathers their form and support their function.

Nearly 88 percent of Americans enjoy turkey on Thanksgiving, but they could be enjoying it year-round! Introduce students to a variety of turkey products by searching for non-traditional recipes and making them in class. Address issues about food safety and nutritional information.

Raising livestock is an important component of youth organizations such as FFA or 4-H. Invite a local student, who has raised their own turkeys, into your classroom to share about their experiences. What type of commitment does it take to care for an animal? What are the benefits they receive? What do turkeys eat and what type of housing do they need?

What’s the price tag on your turkey dinner? Use the article, Cost of Thanksgiving Dinner Rises, Still Under $50 for 10 from the Voice of Agriculture with the American Farm Bureau (www.fb.org/newsroom/news_article/191/) to learn how the cost of a Thanksgiving dinner is calculated, and the price breakdowns of popular holiday food items. See the comparisons of total meal costs over the years, all the way back from 1986.
Foster Farms is a family-owned company founded by Max and Verda Foster, who began growing turkeys at their Waterford home in California’s Central Valley in 1939. The original hatchery was built right off of their bedroom because the eggs required round-the-clock care. Today, Foster Farms has 12,000 employees and is the largest poultry producer in the western United States. Foster Farms selects healthy and robust turkeys for breeding. Each resulting egg is carefully checked, cleaned, cooled and shipped to the hatchery. The eggs are placed in incubators, where they remain warm and undisturbed until they hatch. Turkey eggs incubate for 28 days and once hatched, the poults (young turkeys) are taken to a local ranch where they are raised for approximately four to five months, depending on gender, in specially designed houses.

In 2015, Foster Farms was selected to raise the Presidential Turkey, as it also did in 2010. The breed of the turkey is Nicholas Strain, which originated in California’s Sonoma Valley. The Presidential Turkey, and one alternate, was selected from a flock of 20 toms by a Foster Farms turkey grower. Once the turkeys were flown to Washington, D.C., they were presented to President Obama by the National Turkey Federation for the annual pardoning ceremony. The ceremony pays tribute to Thanksgiving and recognizes the turkey industry’s role in our national holiday.