

Human Nutrition



DID YOU KNOW?



Nutrition: Any substance in food that the body can use to obtain energy.



Food Safety: Practices used to prevent contamination and foodborne illness.



Protein: An essential nutrient for the body to build strong muscle.



Serving Size: Amount of food or drink recommended per meal.



Thermometer: Tool used to measure temperature.



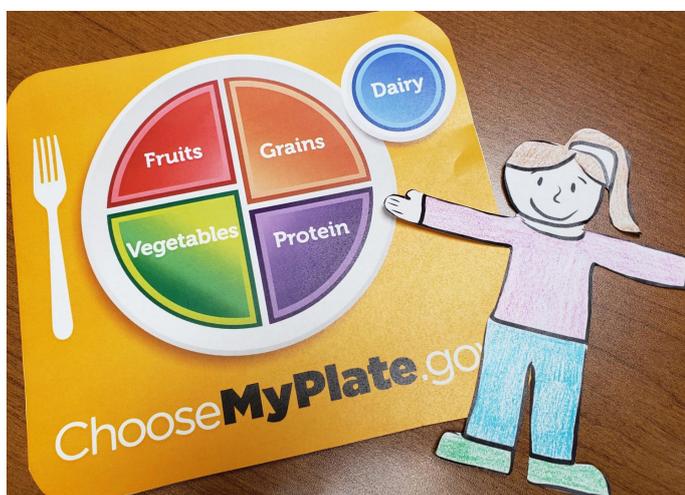
Insulin: Regulates the glucose (sugar content) in our blood.

NUTRITION

Protein is one of the five food groups. Consuming protein is a great way to provide the necessary nutrients needed for your body. Turkey is high in protein and is one of many ways to consume your daily protein needs.

Protein helps maintain lean muscle mass and helps maintain insulin levels. Also found in turkey is vitamins B-6 and B-12, which helps brain development, brain function and keeping your immune system healthy.

Each food group has a daily recommendation based on age. It is recommended that girls and boys ranging from age 9-18 need equivalent to 5 ounces of protein a day.



FOOD SAFETY

Turkey farmers work hard everyday to provide proper care for their turkeys on the farm. Once the turkey leaves the farm, it is the responsibility of many to assure proper food safety from transportation, grocery store workers and consumers.

Follow these few simple steps to assure food safety.

Wash your hands with soap and water for 20 seconds before and after handling raw meat.

Prevent cross-contamination clean everything with soap and hot water before and after using countertops, cutting boards and utensils. Use separate cutting boards for raw meat, fruits and vegetables. Be sure to cook internal temperature of the turkey to 165 degrees Fahrenheit (F). Use a thermometer to measure internal temperature.



TURKEY RECIPE

Crispy Turkey Quesadilla

Ingredients

- 1 tsp. olive oil
- 1 (8inch) flour tortilla
- ¼ c. shredded Monterey Jack cheese
- 4 oz cooked turkey, thick strips or chunks
- 2-3 tbsp. prepared salsa
- 1 sprig cilantro, chopped (optional)

Directions

Heat a large nonstick skillet over medium heat. Add oil and heat until warm. Place tortilla in the skillet. Sprinkle cheese over the surface of the tortilla. Place cooked turkey over half of the tortilla. Cook until the tortilla is crispy and lightly browned and cheese is melted. Fold tortilla over to form a half circle. Serve hot with salsa and cilantro leaves.



FUN TURKEY FACTS

- Consumers eat about 18 pounds of turkey a year and about half is consumed in sandwiches.
- 1.4 billion pounds of turkey is consumed on Thanksgiving Day.
- Lunch meat, wings, drumstick and ground turkey are a few ways to consume turkey.
- Abraham Lincoln declared Thanksgiving a national holiday.

Brought to you by:

Katie Hermanson & family
Diane Rinner & family



Buchanan, Delaware,
Scott & Linn County