

*Wishbone's*  
**Activity Book**

WITH RECIPES  
YOU'LL  
GOBBLE UP!





## IT'S TIME TO THINK ABOUT TURKEY IN A WHOLE NEW WAY.

High in flavour, low in fat, and packed with nutrients, you can use turkey for delicious, healthy meals throughout the year. It's an easy switch and a delicious way to break out of the ordinary.

### DELICIOUS AND NUTRITIOUS

Turkey is a tasty, lean protein and a nutritional powerhouse. It is naturally low in cholesterol and provides essential nutrients such as niacin, zinc, and vitamins B6 and B12, which help to boost heart health.

## Kitchen Rules and Safety Tips

- 1 Wash your hands with soap and water before handling food.
- 2 Before starting a recipe, read it thoroughly to make sure you know how to do everything and you have everything you need.
- 3 Be careful when using a knife or grater. Don't be afraid to ask for help when using these utensils. Remember to turn pan handles towards the middle of the stove so you don't bump into them. Turn oven and burner dials "OFF" when finished cooking.
- 4 Always use oven mitts and hot pads when handling hot food.
- 5 Don't forget to clean up and put things away when you are finished making your recipe.

## Handy Cooking Terms

- MIX:** Stir, distributing all of the ingredients evenly.
- CHOP:** Cut food into small pieces using a paring knife on a cutting board.
- SHRED:** Cut into tiny strips using an up and down motion on a grater.
- DASH:** A very small amount, less than 0.5 mL (1/8 tsp).
- MINCE:** To finely chop or crush the ingredient.
- GARNISH:** To decorate a finished dish to make it more attractive.
- SAUTÉ:** Brown or cook, on a stove top, in a small amount of butter or oil.

Wishbone's  
**Find the  
Difference**



Can you help  
Wishbone  
find all of the  
differences  
between these  
two pictures?

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**HINT**

There are  
**6**  
differences  
in total!

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4

Servings

Ready in  
30 minutes

# Turkey Nuggets



## What you need:

- 1 boneless skinless Ontario turkey breast, about 1 lb/454 g
- 1 **tbsp** (15 mL) canola or vegetable oil
- 1/2 **tsp** (2 mL) chilli powder or Spanish paprika
- 1/2 **tsp** (2 mL) garlic powder
- 1/2 **tsp** (2 mL) each salt and fresh ground pepper
- 2 **tbsp** (30 mL) all-purpose flour
- 1 egg, lightly beaten
- 2 1/2 **cups** (625 mL) corn flakes, crushed
- 1 **tbsp** (15 mL) minced fresh parsley
- Honey mustard, BBQ sauce or ketchup

1 Cut turkey into about twenty 1 1/2 inch (3.5 cm) chunks and place in a bowl. Add oil, chilli powder, garlic powder, salt and pepper; toss to coat evenly. Sprinkle flour over top and toss to coat well. 2 Place egg in a shallow bowl and beat lightly with a fork. In another shallow dish, combine cornflakes and parsley. 3 Dip a few pieces of turkey at a time into egg and remove letting excess drip off. Drop into cornflake mixture and coat well. Place on parchment-lined baking sheet. Repeat with remaining turkey pieces. 4 Bake in 400 F (200 C) oven for about 15 minutes, turning halfway through until golden and no longer pink inside. 5 Serve with your favourite sauces.

Tip: For a smoky flavour addition substitute smoked paprika for the chilli powder.

Optional: Add 2 **tbsp** (30 mL) grated Parmesan cheese to the cornflake mixture before coating the nuggets.





# Wishbone's Word Search

There are "turkey" words  
hidden in the puzzle.  
See if you can find them all!

L K O S H H L F S I D N F P  
O T I X U R E U L E T O A T  
C H R P E O P A T O T B R D  
A I A C V E I S L W C M M C  
L T T H R V A C S T Q K E Y  
U T N P R O T E I N H A R E  
I C O S R U N F S L E Y S K  
S E P I C E R C Z Y E H G R  
G H N O I T I R T U N D Z U  
S M O T O N G O B B L E F T  
H O W K G H Z J R M N R C I

**DELICIOUS  
FARMERS  
FLOCK  
GOBBLE  
HEALTHY**

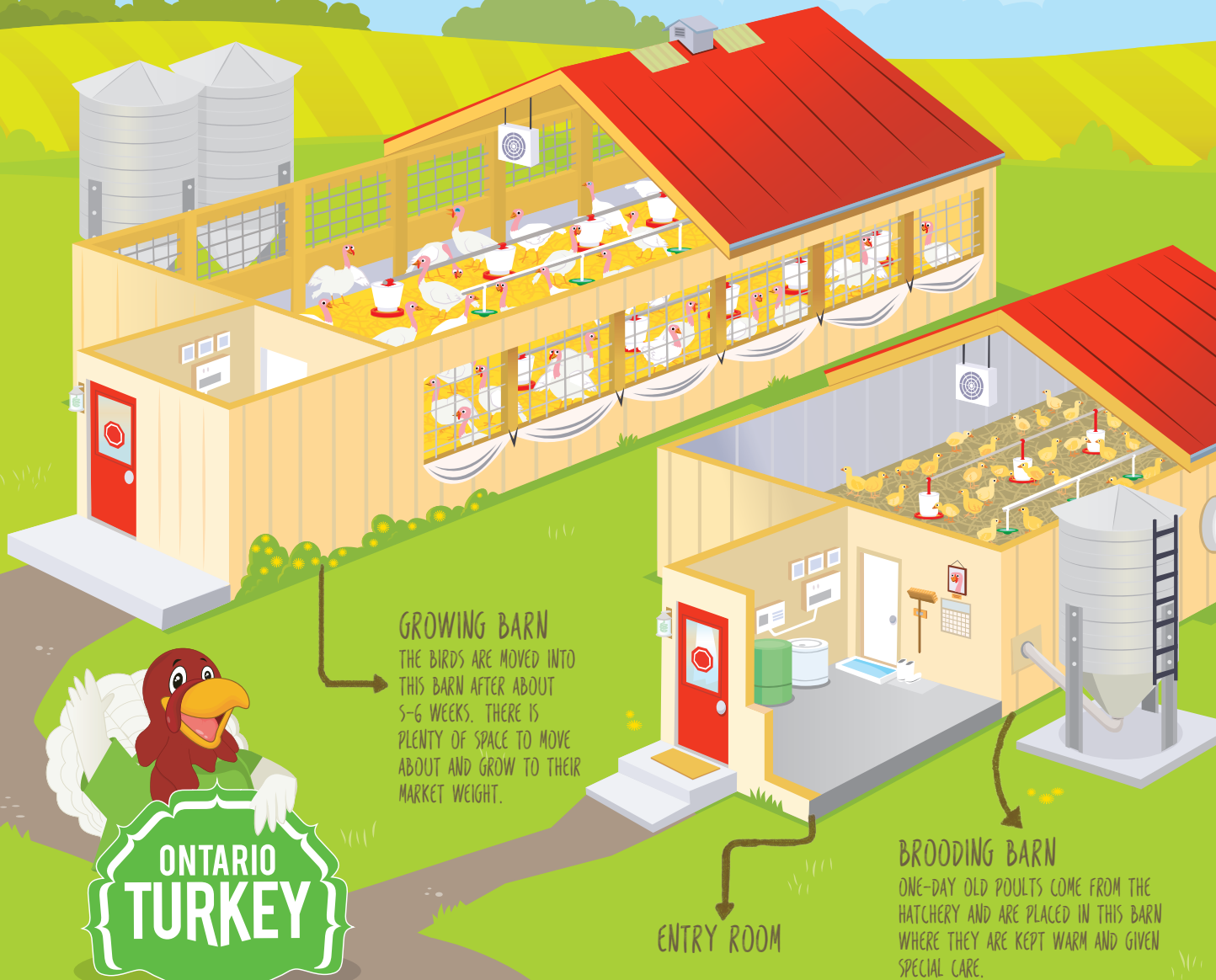
**HENS  
LOCAL  
NUTRITION  
ONTARIO  
PROTEIN**

**RECIPES  
ROASTED  
SUPER  
TOMS  
TURKEY**

# Fast Facts



## ABOUT ONTARIO TURKEYS



### GROWING BARN

THE BIRDS ARE MOVED INTO THIS BARN AFTER ABOUT 5-6 WEEKS. THERE IS PLENTY OF SPACE TO MOVE ABOUT AND GROW TO THEIR MARKET WEIGHT.

### BROODING BARN

ONE-DAY OLD POULTS COME FROM THE HATCHERY AND ARE PLACED IN THIS BARN WHERE THEY ARE KEPT WARM AND GIVEN SPECIAL CARE.

ENTRY ROOM

## WHERE DO THEY LIVE?

- Turkeys are raised in specially designed, environmentally controlled barns that provide protection from predators, disease and bad weather conditions.
- The turkeys' environment is monitored on an ongoing basis to ensure access to feed and water, adequate lighting, temperature, air quality, and space per bird.
- They roam freely around the barn, on a floor that is covered with bedding (e.g., straw or wood shavings).



## WHAT DO THEY EAT?

- Turkeys are fed nutritionally-balanced diets of mixed grains and oil seeds, which typically include corn, wheat, barley, soybean meal and canola meal.
- Feed and water are always provided in the barn so the birds may eat and drink freely.

IN CANADA, TURKEYS ARE NOT GIVEN HORMONES OR STEROIDS.

**OFF TO MARKET:** Ontario produces 45% of all the turkeys grown in Canada.

**Biosecurity:** A set of flock management practices, which reduce the potential introduction and spread of disease onto, and between, farms.

**Brooding:** The first stage of production from 1 day old to about 5 or 6 weeks old.

**Flock:** A group of birds raised by a farmer.

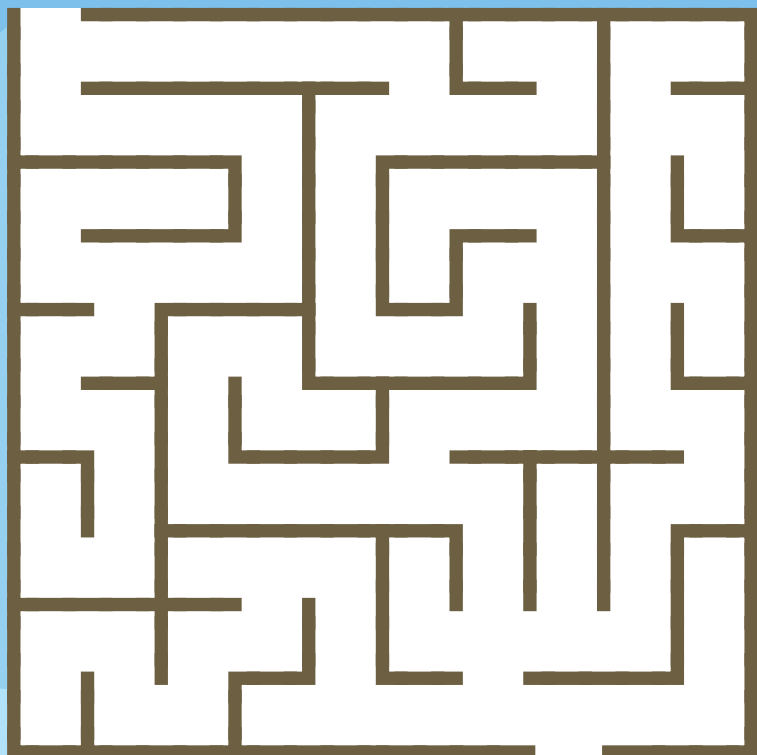
**Hen:** Adult, female turkeys. They make a "clicking" sound, but don't gobble.

**Poult:** Young turkeys from hatchlings until they are 14 days old. Poults are covered with a soft yellow "down" and make a peeping noise.

**Tom:** Adult, male turkeys. Only tom turkeys make the famous "gobble gobble" sound.

**Wattle:** The reddish-pink flesh-like covering on the throat and neck of a turkey. It helps to release extra body heat.

ONTARIO  
TURKEY



*Wishbone's*  
**Amazing  
Corn Maze**



Can you help Wishbone  
find his way to the tasty  
corn snack?

4

Servings

Ready in  
35 minutes

# Skillet Chipotle Turkey Burrito Bowl

## What you need:

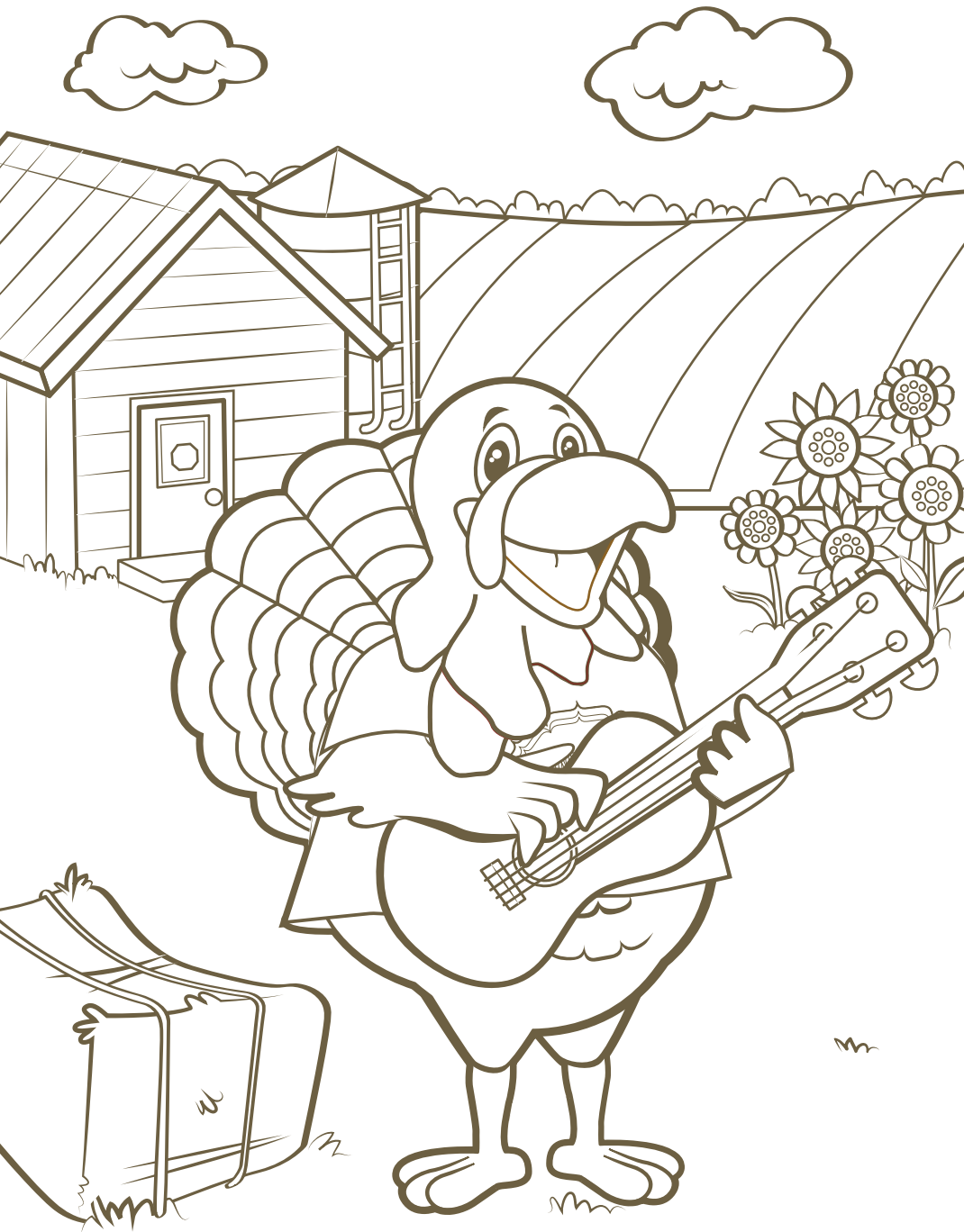
- 1 **tblsp** (15 mL) canola or vegetable oil
- 1 **onion**, diced
- 3 **cloves** garlic, minced
- 1 **pkg** (450 g) ground Ontario turkey
- 1/2 **tsp** (2 mL) salt
- 1/4 **tsp** (1 mL) pepper
- 1 **can** (19 oz/ 540 mL) white beans or chickpea, drained and rinsed
- 1 **cup** (250 mL) cooked rice
- 2/3 **cup** (150 mL) chunky salsa
- 1 **large** or 2 **small** canned chipotle chilies in adobo, minced
- 1 **container** grape (or heirloom cherry) tomatoes, halved
- 1 **cup** (250 mL) corn kernels
- 2 **avocados**, diced
- 4 **lime** wedges
- Sour cream (optional)

- 1 In a large nonstick skillet heat oil over medium heat. Cook onion and garlic for 3 minutes or until softened.
- 2 Increase heat to medium-high and add turkey, salt and pepper; cook, breaking up turkey for about 5 minutes or until browned.
- 3 Stir in beans, rice, salsa and chipotle; cook, stirring for about 3 minutes or until heated through and turkey is no longer pink inside.
- 4 Divide turkey mixture between the bowls and then top with tomatoes, corn and avocado.
- 5 Serve with lime wedge to squeeze over top and sour cream if desired.

Tip: Check your fridge for leftovers as this is the perfect way to change up the toppings for your burrito bowl.







# Let's Colour!

Use your imagination and colour  
Wishbone and his farm!

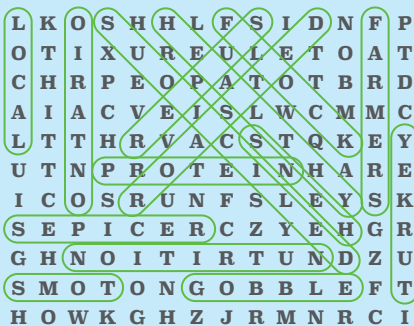
# Wishbone's Fun Riddles!

TRY THEM OUT  
ON A FRIEND...  
BET YOU'LL  
STUMP THEM!

- 1 What key won't open a door?
- 2 Why did the turkey cross the road?
- 3 What do turkeys like to do on super sunny days?
- 4 What do you call it when it rains turkeys?
- 5 What sound does a turkey's phone make?
- 6 What is the most musical part of a turkey?

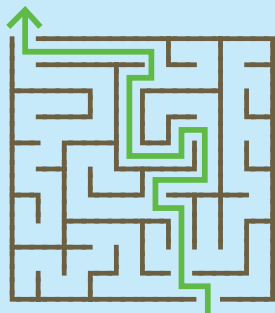


## Answers!



### RIDDLES:

1. A turkey!
2. It was the chickens day off!
3. Go on peck-nics!
4. Foul weather!
5. Wing-wing!
6. The drumstick!





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