

## Activity 2- All About Chicken Production

Overview: In this activity you will become familiar with food safety and kitchen hygiene practices specific to preparing chicken. You will build on existing knowledge and opinions of the chicken industry in Saskatchewan and the link between producers and consumers. You will celebrate your learning by preparing a delicious dish featuring chicken.

### Food Safety at Home

Bacteria are everywhere and while most are harmless or even beneficial to humans, some can make you sick. All foods, including meat, fruits and vegetables have the potential to cause food-borne illness. While the responsibility of safe food falls on everyone in the food system, exercising safe handling practices at home will help reduce the risk for you and your family.

Keep it Clean- Wash your hands with soap and warm water for at least 20 seconds before and after handling food. Clean and sanitize your work area, cutting boards and utensils with a disinfectant or mild bleach solution (5mL in 750mL water). Wash your produce under running water to remove dirt and residue.

Separate- Improper handling of raw meat and seafood can result in bacteria spreading between foods or to other surfaces. If possible, use separate cutting boards for meat and for produce and wash them thoroughly after use. Keep raw meat sealed in a container on the bottom shelf of the refrigerator. Never place cooked food back on to a plate or cutting board that previously held raw food. Marinades used on raw meat should not be used on cooked foods.

Chill- Refrigerate or freeze within two hours to reduce the time for bacteria to grow. Defrost frozen chicken in the refrigerator, microwave or in cold water, never defrost at room temperature. Store leftovers in small, shallow containers for quick cooling and quick thawing after they have been frozen. Wrap individual pieces of chicken in plastic wrap then store wrapped pieces in a freezer bag to avoid freezer burn. Label items with the date before they are stored in the fridge or freezer. Fresh chicken can be safely stored in the fridge for up to three days or in the freezer for up to six months.

Cook- Chicken pieces should be cooked to an internal temperature of 165F/74C, whole chicken should be cooked to 185F/85C. If possible, use a food thermometer in the thickest spot to ensure chicken is cooked through. Juices should run clear and the meat should show no pink when it is cut. Keep food hot (140F/60C) prior to serving. If you are taking a dish to a gathering, keep it hot until you leave and insulate while traveling. Hot foods should not be left at room temperature for more than one hour.

## All About Chicken Production

Review the following links. Consider the information provided when responding to the questions.

[www.chickenfarmers.ca](http://www.chickenfarmers.ca)

[www.saskatchewanchicken.ca](http://www.saskatchewanchicken.ca)

[www.chicken.ca](http://www.chicken.ca)

<https://aitc-canada.ca/en-ca/learn-about-agriculture/category/animal-health>

Answer the following questions:

1. What does CFS and CFC stand for and in what year did CFS join the national agency?
2. How many registered chicken growers are in Saskatchewan? Does this number surprise you? Why/why not?
3. Which 2 major processors of chicken products are located in the province and where?
4. Both facilities are HACCP approved. What does it mean and why is it important?
5. Do you think chickens in Canada are raised in a humane way? Explain.
6. What are the proper practices surrounding hormone and antibiotic use in chicken production in Canada?
7. How would you feel if hormones were used on Canadian chicken farms?
8. Which program is in place in Canada to monitor proper antibiotic use, and what do they do?
9. What are the similarities and differences between free-range versus free-run chicken, and organic versus vegetarian grain fed chicken?

**Answers to the above questions can be found on the following page.**

Activity: Divan is a chicken casserole typically served with broccoli and a cream-based cheese sauce. This quick and easy version uses common ingredients and is finished by baking over nutty rice. Sesame seeds and pecans are optional. **See recipe on page 4.**

# Answers for Chicken Production

## 1. What does CFS and CFC stand for, and in what year did CFS join the national agency?

[www.saskatchewanchicken.ca](http://www.saskatchewanchicken.ca) > Our Chicken > Look Who's Growing Your Chicken  
CFS stands for Chicken Farmers of Saskatchewan. CFC stands for Chicken Farmers of Canada. CFS became a member of the national agency (CFC) in 1980.

## 2. How many registered chicken growers are in Saskatchewan? Does this number surprise you, why or why not?

[www.saskatchewanchicken.ca](http://www.saskatchewanchicken.ca) > Our Chicken > Look Who's Growing Your Chicken  
There are approximately 75 chicken farmers registered with the Chicken Farmers of Saskatchewan.

## 3. Which 2 major processors of chicken products are located in the province and where?

[www.saskatchewanchicken.ca](http://www.saskatchewanchicken.ca) > Our Chicken > Look Who's Growing Your Chicken  
The two main processors are Lilydale Inc. located in Wynyard, and Prairie Pride Natural Foods located in Saskatoon.

## 4. What national program enforces standards for the care and handling of chickens, and why is it important?

[www.chicken.ca](http://www.chicken.ca) > Let's Talk Chicken > Animal Care  
The Raised by a Canadian Farmer Animal Care Program emphasizes proper animal care throughout each step of the production cycle. This is the only program capable of ensuring that animal care standards are implemented and audited on all chicken farms in Canada. It is a concrete, accountable means of demonstrating the pride and commitment of farmers in raising the quality chicken Canadians can trust.

## 5. Do you think chickens in Canada are raised in a humane way? Explain. Students' answers will vary.

## 6. What are the proper practices surrounding hormone and antibiotic use in chicken production in Canada?

[www.chicken.ca](http://www.chicken.ca) > On the Farm > From Farm to Table  
Hormone and steroid use of any kind has been banned in chicken production since the 1960's in Canada.

[www.chicken.ca](http://www.chicken.ca) > On the Farm > Let's Talk Chicken > Antibiotics  
When used properly antibiotics ensure healthy, safe chickens which is important for both animal welfare, and food safety. Small amounts of antibiotics may be used in the chickens feed to prevent disease and promote healthy birds, and may also be used to treat any birds who show signs of illness.

## 7. How would you feel if hormones were used on Canadian chicken farms? Students' answers will vary.

## 8. Which program is in place in Canada to monitor proper antibiotic use, and what do they do?

[www.chickenfarmers.ca](http://www.chickenfarmers.ca) > Resources > Food Safety & Animal Care > Animal Care Program > On-Farm Food Safety Assurance Program

Antibiotic use is strictly monitored by the CFC's on-farm food safety program called Safe, Safer, Safest. This program is built on good production practices and internationally recognized principles, and chicken farmers in Canada are audited by this program every year.

## 9. What are the similarities and differences between free-range versus free-run chicken, and organic versus vegetarian grain fed chicken?

[www.chicken.ca](http://www.chicken.ca) > Chicken School > Chicken 101 > Understanding Organic and Other Terms  
The difference between free-run chickens and free-range chickens is that free-range chickens must have access to the outdoors, or are raised outdoors. Free-run chickens are generally raised indoors. Free-run chickens must have access to at least two feet of floor space within their enclosure. The similarities are that both free-range and free-run chickens must have the opportunity to roam free, without being caged.

[www.chicken.ca](http://www.chicken.ca) > Chicken School > Chicken 101 > Understanding Organic and Other Terms  
The similarity between organic and vegetarian grain fed chicken is that both must be fed grain that does not contain any animal by-products, and uses soy as protein instead. The difference between organic and vegetarian grain fed chicken is that organic chicken must be raised to certain standards and certified by a reputable organic certification board. As well organic chicken cannot be fed or given any antibiotics, and only certain approved vitamins.

# Chicken and Broccoli Divan over Nutty Rice

Recipe courtesy of [www.chicken.ca](http://www.chicken.ca).



90 minutes,  
including prep



Makes 6 servings



Preheat oven to  
350°F/180°C



## Ingredients

0.5 kg or 1 lb	boneless, skinless chicken breast(s)
30 mL or 2 tbsp	butter or margarine
15 mL or 1 tbsp	lemon juice, fresh
45 mL or 3 tbsp	whole wheat flour
500 mL or 2 cups	1% milk
5 mL or 1 tsp	tarragon, dried
0.5 mL or 1/8 tsp	nutmeg
1.25 mL or 1/4 tsp	salt
2.5 mL or 1/2 tsp	black pepper, freshly ground
1 L or 4 cups	broccoli
250 mL or 1 cup	part-skim mozzarella cheese
250 mL or 1 cup	short grain brown rice
15 mL or 1 tbsp	sesame seeds
60 mL or 1/4 cup	pecans, chopped
2.5 mL or 1/2 tsp	paprika

## Directions

1. Dice chicken breast into 1" squares. Melt margarine or butter in a large non-stick skillet over medium-high heat. Sauté chicken until golden brown. Remove chicken, sprinkle with fresh lemon juice and set aside.
2. Whisk flour into pan juices; cook, stirring, for 2 minutes to brown flour. Gradually whisk in milk, stirring constantly until smooth and thickened (i.e. coats the back of a spoon). Remove from heat; stir in tarragon, nutmeg, salt, pepper and half the grated cheese.
3. Remove ends from fresh broccoli and cut spears. Quickly blanch in boiling unsalted water until just tender crisp.
4. Prepare the short grain brown rice according to package directions in unsalted water. The pecans and sesame seeds can be added at the beginning of cooking time, or omitted in the event of an allergy.
5. Spray a 10 cup (2.5 L) oblong baking dish with vegetable oil cooking spray. Spread nutty rice over bottom of dish and top with the broccoli spears, cooked chicken, sauce and the remaining grated cheese. Sprinkle with paprika.
6. Bake uncovered in preheated oven for 45 to 60 minutes until bubbling and lightly browned.