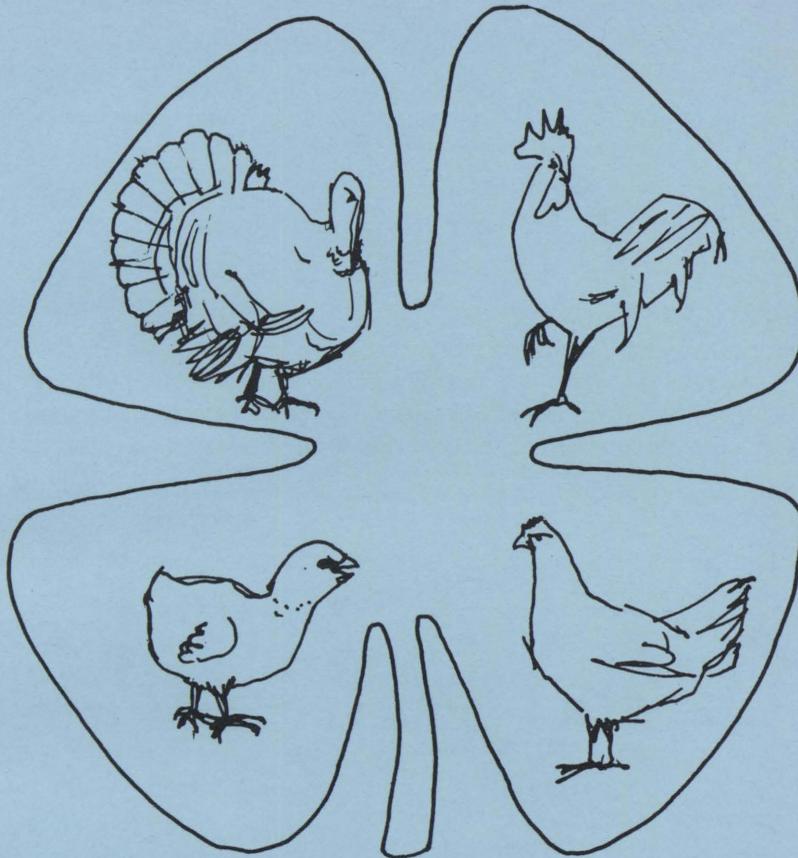


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4-H Club Poultry Record Book for the Chick-N-Que Project



"To Make The Best Better"

NAME OF CLUB MEMBER _____

ADDRESS _____

AGE _____ YEAR _____ PROJECT _____

COUNTY _____ CLUB _____

The Chick-N-Que 4-H project is designed primarily for senior club members. If capable juniors desire to participate, they may do so, but extra assistance will probably be necessary. The project is designed so that any 4-H member may participate in it regardless of his place of residence. Furthermore, since the subject matter is in the area of consumer education, live poultry projects are not a prerequisite.

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4-H POULTRY CHICK-N-QUE PROJECT

The objective of this project is to aid the over-all objectives of the 4-H program by:

1. Developing the members' skills in selection, preparation, and barbecuing of poultry meats.
2. Acquiring knowledge about the nutritive value of all meats and making intelligent price comparisons based on these values.
3. Acquiring knowledge about the poultry and allied industries.
4. Exploring career opportunities in the poultry industry.
5. Developing leadership and character.

WHAT A CLUB MEMBER MUST DO TO COMPLETE THIS PROJECT

1. Conduct a minimum of 3 chicken barbecues during the project year.
2. Construct his or her own barbecue pit or grill or buy the necessary equipment for conducting the required number of barbecues. (Equipment or supplies on hand may be used.)
3. Each club member may be scored on his barbecue equipment, methods, finished products, etc. This score will be given by the supervising Extension agent, a local leader, or other qualified persons. A field score sheet is included on Page 7.
4. Keep meat consumption records for the family (pounds and costs for one month of all meats consumed at home). Use form on Page 5.

TEACHING OPPORTUNITIES FOR ADULT AND JUNIOR LEADERS WHO SUPERVISE THIS PROJECT

1. Conduct barbecue school for 4-H members: selection of poultry for barbecuing, how to barbecue, and food value of poultry meat.
2. Field trip to local grocery to study meat merchandising.
3. Organize and train club members in this project to serve chicken at county fairs, achievement day programs, or other events.
4. Materials available:
 - a. Publication 287 "Chick-n-Que—It's fun!
 - b. Publication 149 "Outdoor Meals"

INSTRUCTIONS FOR FILLING OUT THIS RECORD BOOK

There are only 2 pages (5 & 6) that you are required to fill out. This is a consumer-type 4-H project; hence, we believe you should know something about the meat-eating habits of your family. Page 5 provides a record of the meats used during a 4-week period. This may be done for 4 straight weeks in any one month or the first week in one

month, the second week the next month, the third week the next month, and the fourth week the next month. The latter will give a better picture of your family's meat-eating habits. On page 6, record in your handwriting and your own words what you have learned from the project, the trips you have taken, and the demonstrations you have given.

INSTRUCTIONS FOR CONDUCTING A POULTRY BARBECUE PROJECT

CHOOSE THE GRILL

The type of barbecue equipment will be determined by the amount you want to spend, size of group to be served, personal preferences, and facilities available where most of your barbecues are to be held. Portable grills vary from a rack borrowed from the kitchen oven set up on 4 bricks and turned lengthwise, to electric ones, to streamlined stainless steel grills equipped with plate glass sides, which cost thousands of dollars. Simple metal grills on tripod legs are available in most stores. They are adequate for home use and are comparatively inexpensive.

and provide an even heat from start to finish of cooking period. Kindling for starting the fire may be commercially prepared charcoal starter, paper, shavings, or any other material that burns easily.

PREPARE THE BIRD

For best results, choose young, ready-to-cook broilers weighing from 1-1/2 to 3 lbs. Buy in quantities you will need, either packaged in crushed ice or quick frozen. Broilers of this weight require 1 to 1-3/4 hours for cooking. Cut each in half down along the backbone, leaving a part of it with each half chicken for rigidity. The breastbone may be nicked and removed, and, if preferred, the ribs may be peeled out. If children are to be served, you may want to quarter the chicken.

COOK THE CHICKEN

Most barbecue enthusiasts have as much fun cooking the chicken as eating it. The chicken may be marinated in the barbecue sauce prior to placing it on the grill with the skin side up. If not marinated, baste it immediately to add flavor and help prevent the chicken from drying out. The sauce may be applied with a brush, a long-handled spoon, or clean dish mop. A new, clean paint brush with nylon bristles can easily be cleaned and can be used repeatedly. The halves should be turned often at first, about every 3 to 10 minutes, as determined by the condition of the fire. Watch the chicken closely. Don't permit it to blister or burn. Use tools that do not pierce the meat to turn the halves. Holes in the meat or skin allows juices to drain out. Folded paper towels may be used for turning chicken.

BUILD THE FIRE

Perhaps the most convenient and satisfactory fuel for barbecuing is charcoal or condensed "briquets." Select tightly compressed briquets that do not crumble easily, start quickly, burn slowly,

To test for doneness, twist the drumstick to see if it will move easily in the joint. If your barbecue is only a family affair, or if there are only a few people to be served, you may wish to serve them directly from the grill. With larger crowds, however, the barbecued chickens should be placed in a covered container so they will stay hot.

MONTHLY FAMILY MEAT CONSUMPTION RECORD

Member's name _____ Month _____

Number in family _____

Week	Meat Purchased			Home Produced	
	Kind	Pounds	Cost	Pounds	Value
FIRST	poultry				
	beef				
	pork				
	fish				
	other				
SECOND	poultry				
	beef				
	pork				
	fish				
	other				
THIRD	poultry				
	beef				
	pork				
	fish				
	other				
FOURTH	poultry				
	beef				
	pork				
	fish				
	other				

HOW TO FILL OUT MEAT CONSUMPTION RECORD

1. This record is to be kept for one month. July or August is recommended. However, any month the club decides on is acceptable.
2. Record by weeks all meats consumed by the family.
3. The principle sources of meats are listed for convenience. For example, hamburger should be listed under beef and bacon under pork, etc. Canned and sandwich meats should be listed under "other."
4. Record pounds and cost or value of purchased or home produced meats for the week in which it is used. To determine a fair value of home produced meats, check with the local newspaper for prices the week in which the meat was consumed.

SCORE CARD FOR JUDGING STATE 4-H CHICK-N-QUE PROJECT

Contestant's Name or Number _____

	Maximum Score	Contestant's Score
PERSONAL APPEARANCE AND CLEANLINESS Of person Equipment In operations	<u>5</u>	_____
STARTING AND CONTROLLING FIRE Was the method of lighting hazardous? Was the operator skilled in starting fire? Was operator skilled in controlling fire?	<u>8</u>	_____
PREPARING CHICKEN FOR COOKING Skilled? Practices safety? Parts of good appearance - skin and flesh well proportioned?	<u>5</u>	_____
SKILL IN BARBECUING Was operator skilled in turning chicken? Was operator skilled in spreading sauce? Did cooking start with skin side up? Were suitable utensils used? Was equipment clean and kept clean?	<u>8</u>	_____
KNOWLEDGE OF BARBECUING Ability to answer questions about barbecuing chicken	<u>5</u>	_____
TIMING (2-1/2 hours allowed) Was cooking completed in prescribed time? (Deduct 1 point for every 5 minutes late)	<u>4</u>	_____
FINISHED CHICKEN Doneness Were all chickens cooked to proper doneness? Drumstick ____ Wing ____ Breast _____	<u>25</u>	_____
Appearance Was appearance acceptable for color, uniformity, and texture? Was chicken free from burning? Was chicken speckled with ash dust or foreign material? Was skin torn? Did chicken have a foreign odor or taste?	<u>20</u>	_____
Taste Was flavor acceptable? Texture—moist, dry, stringy, tender? Were sauce ingredients in proportion so that no one flavor dominated?	<u>20</u>	_____
TOTAL	<u><u>100</u></u>	_____

VIRGINIA'S 4-H POULTRY PROGRAM

Purpose: The Virginia 4-H poultry program has 2 primary purposes. The first is to assist and strengthen the Cooperative Extension Service's total efforts to provide boys and girls with useful learning experiences and opportunities which will develop desirable leadership talents, character, and citizenship traits. The second is to construct a program to prepare many more young men and women for careers in the poultry industry.

Objectives: These objectives have been selected to fulfill the purposes of this program.

1. Offer a program that will afford 4-H club members wide and varied opportunities to:
 - a. Learn the importance of the poultry industry in the state and national economy.
 - b. Acquire information and skill in the efficient production of poultry and poultry products.
 - c. Improve knowledge of grading, marketing, and merchandising of poultry and poultry products.
 - d. Improve knowledge of the nutritive value of poultry meat and eggs and their contribution toward health.
 - e. Appreciate and use scientific information in poultry production and marketing.
2. Assist them to explore career opportunities in poultry and allied industries.
3. Show them the need for trained personnel in the poultry industry and challenge them to prepare themselves for roles of leadership and service in this industry.
4. Develop poultry projects and activities related to them that will provide opportunities for the development of leadership, character, and citizenship.