

SKILLS FOR LIFE

SESSION 10

Suggested Agenda

8:30 a.m.	Arrival of Participants
9:00 a.m.	Welcome
9:05 a.m.	Whole Chicken Cut-up and Chicken Stock
9:45 a.m.	Session Overview
9:50 a.m.	Transitions
10:15 a.m.	Break
10:20 a.m.	Transition and Stress Management
11:35 a.m.	Cooking Demonstration: Chicken Soup and Chicken Salad
12:05 p.m.	Lunch
12:45 p.m.	This is Your Life
1:10 p.m.	Review/Evaluations
1:50 p.m.	Closing

<u>Materials</u>	<u>Handouts</u>
Flipchart Paper or Blackboard	H61 'The Times They Are A Changing'
Markers or Chalk	H62 Session Agenda
Handouts (61-69)	H63 Cutting Up A Whole Chicken
Pencils	H64 Cooking A Whole Turkey or Chicken
Fresh Whole Chickens	H65 Steps in Making Chicken Stock
Equipment needed to clean chickens (cutting boards, knives, etc.)	H66 Chicken Soup
	H67 Chicken Salad
	H68 Impossible Chicken 'n' Broccoli Pie
	H69 Turkey or Chicken Casserole

SKILLS FOR LIFE

TRAINING GUIDE

Participant Objectives and Activities: Successful participants will be able to:

1. Identify and demonstrate the steps in cutting up a whole chicken and making chicken stock.

- **Buy whole chickens. Pass around Handout 63 and demonstrate cutting up for the group first; then have individuals practice. Use as opportunity to review Food Safety practices from Session 9. (30 min.)**

- **Discuss the ingredients, equipment, and procedures for preparing chicken stock (Handout 65). Discuss substitutions, variations, and any other pertinent information. Chicken Stock is also known as Chicken Broth and has many uses including the soup we will make for lunch later. (20 min.) (Time: Preparation/demo 50 min., cooking time 90 min.)**

2. Identify the goals and objectives of this session.

- **Review the goals and objectives listed below with participants. Pass out the Session Agenda (Handout 62). (Time: 5 min.)**

GOALS:

- 1. Enjoy ourselves.*
- 2. Become healthier and happier.*
- 3. LMA food, nutrition, and cooking.*
- 4. LMA other issues of interest.*

OBJECTIVES:

- 1. Identify and describe steps in cutting up a whole chicken and preparing chicken stock.*
- 2. Describe personal changes or transitions that can occur over a lifetime.*
- 3. Identify causes of stress*
- 4. Describe an approach for managing change.*
- 5. Identify the steps in preparing Chicken Soup and Chicken Salad.*

(Transition): "Transitions play an important role in our lives; let's take some time now to discuss how we examine and deal with them."

3. Identify personal changes or transitions that occur over a lifetime.

- **Have participants review Handout 61 with a partner. They should discuss any changes or transitions that are listed with which they have been personally involved. Have them each circle the change which had the most significant impact, for better or worse. (10 min.)**

- **Meet as a large group and discuss answers. Everyone experiences changes or transitions in his/her life. Changes are either expected or unexpected and either voluntary or involuntary. How did the most significant changes make participants feel? Examples might include isolated, vulnerable, afraid, helpless, didn't know what to do, powerless, excited, anxious, and hopeful.**

- **Ask participants if they noticed any difference in themselves during this change process (e.g., daily routine, how they felt about themselves, eating, sleeping, or contact/relationships with others). Note that people have different reactions to transitions which can be both good and bad. How did they cope with these changes? List the coping strategies on a flipchart. These might include daily exercise, eating nutritionally, seeking support from friends or groups, changing the way you look at things, and developing new patterns of thinking. (15 min.) (Time: 25 min.)**

4. Define and identify causes of stress.

- **Brainstorm in a large group about a definition of stress. Have participants name some causes of stress. Give participants a list of stressors and have them circle the ones that apply to them. Discuss the results. Remind participants that stress can be positive. For example it might concern a new job they wanted or a choice they made to go back to school. (10 min.)**

- **Participants work in pairs to come up with a list of all the things that cause stress in their lives. Then partners choose the top five from most stressful to least stressful. Report to large group and discuss answers. Indicate that low self-esteem can be a contributing factor to stress and that both can lead to depression. (20 min.) (Time: 30 min.)**

- **Instructor should make following statement to group: 'If you feel depression may apply to you or someone you know and you are concerned, you/they can call 1-800- (local hotline or information No.) for more information. Depression can be a serious mental illness.'**

5. Describe an approach for dealing with and managing change.

- **Refer back to Handout 34 (problem solving steps) from Session 5; provide participants with a new clean copy to make notes on. Contrast problem solving with dealing with transitions. What are the differences and similarities? Refer to the list of transitions. Are they problems? What is the difference? For example, problems can clearly be transitions and the difference between the two is a fine line. But transitions can also be positive in nature which is not usually so with problems if they're labeled as such. Finally, it seems that transitions often may be more likely to be a process that occurs over a period of time. (20 min.)**

- **Focus with participants on how a transition/problem can sometimes change our roles, relationships, routines, and personal self-assumptions.**

- **Divide participants into groups. In groups, participants revisit the significant transition they identified earlier and/or anticipate an upcoming transition and talk about how they coped or plan to cope. How did they do it? What coping strategies did they use? Were they effective? How? Did they use outside resources? Why or why not? (25 min.) (Time: 45 min.)**

(Transition): "Let's shift gears back to food now. The chicken stock is done and we will make soup and a chicken salad. We'll also give you some other easy recipes you can make from the cooked chicken."

6. Describe the procedures for preparing a recipe item and prepare the meal at home.

- **Discuss the ingredients, equipment, and procedures for preparing the menu items (Handouts 66 and 67). Discuss substitutions, variations, and any other pertinent information. Pass around Handouts 68 and 69 as well. (Time: 30 min.)**

(After Lunch Initiator): "We discussed some session goals and objectives earlier in the day. Now I want you to take some time and reflect on one objective or goal that you would like to accomplish. Think back to the goal you set last session."

7. Write a personal goal that includes strategies to achieve and evaluate it.

- **Refer to goals and objectives instructions from previous Sessions and adapt to current Session as appropriate. (Time: 25 min.)**

8. Review/Evaluation.

- **Review concepts previously discussed in Club sessions. Play the Food Game or give a Nutrition Quiz and/or use evaluation/closing exercises as time permits. (Time: 25 min.)**

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“THE TIMES THEY ARE A CHANGING”



Directions:

Check the changes you have experienced over your lifetime. Circle the change which has been the most significant for better or for worse.

1. Getting married
2. Moving away from home
3. Changing jobs
4. Having a baby
5. Graduating from school
6. Retiring
7. Moving to a new place
8. Divorcing
9. Becoming a grandparent
10. Being in a car accident
11. Winning the lottery
12. Loss of job
13. Getting a raise
14. Death of a spouse
15. Weight gain or loss
16. Falling in love
17. Pregnancy
18. Caring for a seriously ill parent or child.
19. Death of a close family member or friend
20. Son or daughter moving away from home.
21. Personal injury or illness
22. Marital separation or divorce
23. Change in residence

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SESSION AGENDA

CHICKEN CUT-UP

One way to save money is to buy whole chickens and cut them up rather than buy separate chicken parts. Sharpen those knives and get ready . . .

"THE TIMES THEY ARE A CHANGING"

During the course of our life we go through many changes or transitions. Which ones have you experienced?

SESSION OVERVIEW

TRANSITION MANAGEMENT

Some tips and steps for managing transitions.

THE COOK'S CORNER

Today's recipes, chicken soup and chicken salad. Have you ever wondered what to do with leftover chicken? We've got some other quick and easy recipes for you.

LUNCH

Try it. You'll like it.

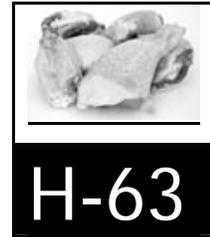
THIS IS YOUR LIFE

Set a personal goal to accomplish.

CLOSING AND EVALUATION

NEXT CLUB MEETING IS ON

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HOW TO CUT UP A WHOLE CHICKEN

- STEP 1: Wash chicken thoroughly in cold water and drain or pat dry.
- STEP 2: Remove excess fat from the chicken.
- STEP 3: Remove heart, gizzards, and lungs from inside the chicken cavity.
- STEP 4: Pull the wings away from the body and cut them off at the joint.
- STEP 5: Pull each leg away from the body and cut through the skin. Bend the leg back until it pops. Then cut the leg completely away from the body.
- STEP 6: Bend each leg and thigh at joint and cut them apart.
- STEP 7: Start at the wing hole and cut the skin between the back and breast.
- STEP 8: Break the back and breast apart at the bone and cut them apart.
- STEP 9: Break the back in half and cut it in half.
- STEP 10: Cut between the two bones on the breast and break it in half.
- STEP 11: Remove the cartilage bone in the center of the breast with your thumb.
- STEP 12: Cut the breast in half.

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H-64

COOKING A WHOLE TURKEY OR CHICKEN

People in the U.S. eat about 18 pounds of turkey annually; turkey is America's fourth largest source of protein after chicken, beef, and pork.

Washing

Poultry you buy in the store does not need much preparation for cooking. However, the whole bird should be thoroughly washed including the inside. Remove any parts that have been placed inside the bird. Pat bird dry with paper towel or cloth before cooking, and dispose of paper towel/wash cloth.

Cooking Time

The time table below should be used when you are roasting your poultry in an uncovered pan at 325°. If you use different cooking methods, the times given may need to be changed. For example, if aluminum foil is used to cover or wrap the bird, a higher oven temperature (400 - 450°) should be used. *(Note: Frozen turkeys require about 1 day for every 8 pounds to defrost in the refrigerator – Do Not defrost at room temperature).*

Time Table for Roasting Poultry - unstuffed - in an uncovered pan at 325°

Type of Poultry	Ready to Cook Weight (Pounds)	Roasting Time (Hours)
Chicken	2 to 3	1 ½
	2 ½ to 4 ½	2
	5 to 8	2 to 3
Turkey	6 to 8	2 to 3
	8 to 12	2 ½ to 3 ½
	12 to 16	4 to 5
	16 to 20	5 to 6
	20 to 24	6 to 7
Turkey Halves & Quarters	5 to 7	2 ½ to 3 ½
	8 to 12	3 ½ to 4 ½

* Allow additional cooking time if stuffed (15-30 minutes). Internal temperature for stuffing should be 165°.

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CHICKEN STOCK



H-65

INGREDIENTS

- 1 whole chicken cut-up or 3-4 lb chicken pieces (remove skin and discard if desired)
- 1 carrot, peeled and cut into large pieces
- 1 stalk of celery, cut into large pieces
- 1 onion, peeled and cut in half
- 1 clove garlic, peeled (optional)
- 1 bay leaf (optional)
- 4 whole peppercorns (optional)
- water to cover

EQUIPMENT

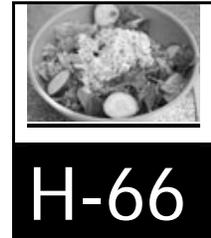
- large soup pot
- strainer
- large bowls
- ladle and slotted spoon

DIRECTIONS

1. Place all ingredients in soup pot and bring to the boil over medium-high heat. Skim off and discard any foam that rises to the top.
2. Turn heat to low, cover, and simmer for 1-3 hours.
3. Strain into large bowl, setting chicken pieces aside until cool enough to handle. Discard cooked vegetables (or give them to your dog!).
4. Separate chicken meat from skin and bones and reserve meat for another use (soup or salad etc.)
5. If desired, refrigerate stock overnight and skim off congealed fat.

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CHICKEN SALAD



INGREDIENTS

- 4 cups of cooked chicken chopped
- cups of thinly sliced celery
- 1 cup of mayonnaise (Use low fat/nonfat mayonnaise or yogurt to reduce fat content.)
- tablespoons of chopped onion
- 1/2 cup grated carrot and/or chopped green pepper (optional)
- 1/4 cup of sweet relish
- 1 tablespoon of lemon juice
- 1/2 teaspoon of salt
- Pepper to taste

EQUIPMENT

- 1 large bowl

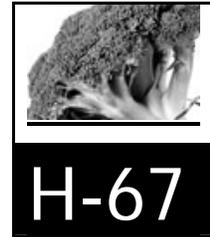
DIRECTIONS

1. Slice celery and chop onions. Set aside.
2. Chop leftover chicken or turkey into bite size pieces.
3. Mix all the ingredients together.
4. Chill for two hours (optional).
5. ENJOY!

Source: Various; Collected by the Cooperative Extension Service of the University of Maryland system.

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IMPOSSIBLE CHICKEN AND BROCCOLI PIE



INGREDIENTS

- 1 1/2 cups of leftover chicken chopped
- 1 package (10 oz.) frozen chopped broccoli
- 3 cups of shredded cheddar cheese
- 2/3 cup of chopped onion
- 1/3 cup of chopped celery
- 1 1/3 cups of milk
- 3 eggs
- Baking mix (3/4 cup of Bisquick or Jiffy mix)
- Salt and pepper

EQUIPMENT

- 1 10"x 1-1/2" pie plate
- 1 small bowl

DIRECTIONS

1. Chop leftover chicken or turkey into bite size pieces. Set it to the side.
2. Grease pie plate with butter or oil.
3. Rinse the frozen broccoli under running water until it is thawed. Then drain the broccoli well.
4. Mix broccoli, 2 cups of cheese, pieces of chicken or turkey, onion, and celery in a pie plate.
5. Beat the milk, eggs, baking mix, and salt and pepper together in a bowl until the mixture is smooth. (Approximately 1 minute.) Pour this into the pie plate.
6. Bake at 400 degrees for 25 to 35 minutes. To check if the pie is done, place a knife in the center of the pie and see if it pulls out clean. If it does, then the pie is done.
7. Put the remaining cheese on top the pie and bake it for several minutes until it melts. Cool for 5 minutes.

Source: Various: Collected by the Cooperative Extension Service of the University of Maryland System.

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CHICKEN CASSEROLE



INGREDIENTS

- 1 cup of leftover chicken or turkey chopped
- 1 can (16 oz) of peas (can also use 2 cups frozen peas or mixed vegetables, thawed)
- 1 can (10 oz.) can of cream soup: (mushroom, chicken, or celery – can use low-sodium)
- 1/2 cup chopped carrot and/or celery (omit carrot if using frozen mix w/ carrots)
- 1/4 cup of mayonnaise (can use low-fat/nonfat)
- 4 cheese slices
- Salt and pepper

EQUIPMENT

- 1 casserole dish
- 1 large bowl
- 1 small bowl

DIRECTIONS

1. Preheat oven to 350°F
2. Chop leftover chicken or turkey into bite size pieces. Set it aside.
3. Open canned peas and drain off liquid. Rinse the peas with water to wash off the salt. Set the peas aside.
4. Mix ¼ cup of mayonnaise and 1 can of cream soup together. Stir until smooth.
5. Put all ingredients, except cheese slices, in the casserole dish and mix well.
6. Bake for 40 minutes.
7. Place cheese slices on top of casserole and bake 10 more minutes until cheese melts.

* This recipe can also be made with an 8 oz. can of tuna or salmon instead of chicken.

Source: Various; Collected by the Cooperative Extension Service of the University of Maryland system.

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CHICKEN SOUP



INGREDIENTS

- 10 cups home-made chicken stock or low-sodium canned chicken broth
- 2 carrots peeled and sliced or chopped
- 2 stalks of celery, sliced or chopped
- 2 cups cooked noodles or rice
- 2 cups cooked chicken, chopped
- 2 Tb chopped parsley (optional)
- Salt and pepper
- Other optional vegetables: potato, turnip, parsnip, sliced mushrooms, frozen mix

EQUIPMENT

- large soup pot
- ladle and slotted spoon

DIRECTIONS

1. Bring stock to a boil in pot over medium-high heat, add carrot and celery, cover and turn heat to low.
2. Simmer soup until vegetables are tender, 10-15 min.
3. Add rest of ingredients and heat through, about 10 min.
4. ENJOY!

NOTE: There are many possible variations on this recipe. Feel free to be creative and experiment!