



Tasty Treats

Grade Level: 5-8

Subject Areas: science, health

Duration:

- Preparation - 20 minutes
- Activity (Part 1) - 30 minutes
- Activity (Part 2) - 2 hours

Setting:

Classroom

Group Size:

unlimited

Materials:

- see individual recipes for specific materials needed.

Skills Used:

measuring, cooking, describing, analyzing.

Vocabulary:

hunting, wildlife management.

Project BEAK Links:

- [Birds and People - Birds as Food](#)
- [Birds and People - Recreation](#)

OBJECTIVES

- Students learn how hunting helps manage wildlife populations.
- Students learn how birds can be a healthy part of a balanced diet by making several recipes which include birds – turkey, pheasant, quail, and duck.

Nebraska State Science Standards

- none

BACKGROUND

In addition to being a million dollar industry in Nebraska, hunting is also an effective way to manage some abundant wildlife populations. Common birds hunted in Nebraska include turkey, grouse, pheasant, quail, duck, dove, geese, coots, snipe, rail, and woodcock.

Hunting has been an important means of getting food for many cultures including Native Americans and early European settlers in America.

In the early days of American settlers, hunting was an critical part of survival. However, as cities and towns grew, a new form of hunting emerged. Market hunters were professional hunters which provided meat to the blacksmiths, doctors, store owners and other professionals living in the towns. Market hunters were skilled hunters and at that time there were no laws limiting the number of birds they could harvest. This, coupled with habitat loss from development and farming practices, caused a large decline in many bird species.

In 1888 a group of hunters began a group known as the Boon and Crockett Club. This Club advocated for wildland protection and a limit on the numbers of animals a hunter could bag. By 1900, 23 states had established bag limits.

Throughout the early 1900's, hunters

advocated for increased protection of wildlands and wildlife. One man in particular, Aldo Leopold, wrote at length about the need for proper wildlife management. Leopold, a forester from Wisconsin, wrote the first wildlife management plan in North America in 1933.

The Duck Stamp Act of 1934 allocated funds from federal duck stamps to be used for conservation of waterfowl habitat and the management of waterfowl populations.

The Pittman-Robertson Act of 1937 placed an excise tax on long-guns (shotguns and riffles) and their ammunition. These funds are used for wildlife management.

Hunting has continued to be an important recreation activity for many throughout the United States. Additionally, hunting is a billion dollar business which supports many local economies.

Today, hunting is an integral part of wildlife management plans. State wildlife agencies, like the Nebraska Game and Parks Commission, closely monitor wildlife populations and limits are set for the number of animals that can be taken in a give time. Additionally, hunting seasons ensure that animals are not hunted during important periods such as breeding and nesting season.

One way wildlife managers know how many animals should be taken is by conducting surveys of the existing population. One successful survey is called the Rural Mail Carrier Survey (RMCS). This survey relies on the watchful eyes of rural mail carriers which take counts of the number of Pheasants and Northern Bobwhites they see while driving their route.

Through the information received from surveys and hunter check-ins, wildlife managers set limits for future hunting seasons. Through the help of hunters, surveys, and proper management, hunting is an extremely effective method of maintaining a healthy ecosystem.

For more information on hunting in Nebraska, visit www.ngpc.state.ne.us/hunting/hunting.asp.

ACTIVITY, PART 1

Begin the activity by asking students if anyone has gone hunting. For what? What was it like?

Ask students why people hunt. Possible answers include:

- for entertainment or recreation
- for food
- to help control wildlife populations

ACTIVITY, PART 2

Explain to students that they are going to make several recipes using birds. Divide students into groups and give each group one recipe to prepare. Students can either bring ingredients from home or can be provided with the ingredients in class.

Allow students time to prepare their recipe. Then, have a large meal where students are allowed to try each recipe. Allow students the freedom not to try one or all recipes.

ACTIVITY, PART 3

Provide students with copies of critiques or recipes from local newspapers or magazines. Ask students to write a critique of several of the recipes.

EXTENSIONS

- Have students make their own cookbook.
- Ask students to create a balanced meal using a bird recipe.

ADDITIONAL RESOURCES: WEBSITES

- Nebraska Game and Parks Commission: Hunting www.ngpc.state.ne.us/hunting/hunting.asp
- U.S. Fish and Wildlife Service: Hunting www.fws.gov/hunting
- Ducks Unlimited www.ducks.org
- Quail Unlimited www.qu.org
- National Wild Turkey Federation www.nwtf.org
- Pheasants Forever www.pheasantsforever.org
- Ruffed Grouse Society www.ruffedgrousesociety.org

ADDITIONAL RESOURCES: BOOKS

• NEBRASKAland Magazine: Snowgoose Cookbook
Available at <http://www.ngpc.state.ne.us/catalog/index.asp> – Publications. Catalog #: PUB-2711

• Game Bird Classic Recipes: The Complete Guide to Dressing and Cooking Gamebirds
Publisher: Creative Publishing
ISBN-10: 158923216X
ISBN-13: 978-1589232167

• Field Dressing and Butchering Upland Birds, Waterfowl, and Wild Turkeys by Monte Burch
Publisher: The Lyons Press (2001)
ISBN-10: 1585742317
ISBN-13: 978-1585742318

PERMISSIONS & CREDITS

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Creamy Wild Rice Soup with Pheasant

Ingredients:

3 tsp. Butter
1 cup Chopped carrot
1 cup Chopped onion
 $\frac{1}{4}$ cup Chopped green onions
 $\frac{1}{4}$ tsp. rosemary
 $\frac{1}{4}$ tsp. black pepper
3 Garlic cloves, minced
32 oz Chicken broth
 $1\frac{1}{2}$ cups Cooked boneless Pheasant
1 cup Uncooked wild rice
 $\frac{1}{3}$ cup All purpose flour
 $2\frac{3}{4}$ cups 2% milk
 $\frac{1}{2}$ tsp. Salt

Directions:

Melt the butter in a large pot over medium heat. Add next 6 ingredients. Saute 8 minutes or until browned. Stir in broth, scraping pan to loosen brown bits. Stir in pheasant and rice; bring to a boil. Cover, reduce heat, and simmer 1 hour and 15 minutes or until rice is tender. Combine flour and milk in a small bowl, stirring with a whisk. Add to the pan. Cook over medium heat until thick (about 8 minutes), stirring frequently. Stir in salt.

To Cook Pheasant: Boil pheasant in water until no longer pink. Remove from water and cut into pieces and remove excess skin and fat.

Turkey and Dressing Casserole

Ingredients:

3 cups cut up cooked turkey
5-6 cups unseasoned croutons
3 Tbs. finely chopped onion
 $\frac{1}{4}$ cup finely chopped carrot
 $\frac{1}{4}$ cup finely chopped celery
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup cream or evaporated milk
2 cups chicken broth
 $1\frac{1}{4}$ tsp. poultry seasoning
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

Directions:

Heat oven to 350 degrees. Grease 3 qt casserole. In large mixing bowl, combine turkey and croutons; set aside.

In medium saucepan, combine remaining ingredients. Cook over medium heat until butter melts, stirring occasionally. Pour mixture over turkey and croutons. Toss lightly to mix.

Place in prepared casserole; cover. Bake for 30 minutes. Increase oven temperature to 375 degrees; uncover casserole and bake for 10 minutes longer.

Wild Duck Pizza

Ingredients:

2 10-12" pizza crusts
1 cup prepared pizza sauce
4 skinless duck breast fillets, cooked, cooled
and thinly sliced
1 1/2 cups shredded cheese, your choice

Additional toppings as desired - mushrooms,
black olives, sun-dried tomatoes, red peppers,
onions, hamburger, pepperoni, sausage, etc.

Directions:

Preheat oven to 450 degrees.

For each pizza crust, spread 1/2 cup sauce evenly over dough. Arrange sliced duck over sauce. Top with shredded cheese and any additional toppings.

Place on a pizza screen, pan or stone in the preheated oven for 10-12 minutes or until cheese is melted and lightly browned. Slice into wedges and serve.

Recipe copyright Ducks Unlimited, www.du.org

Baked Italian Quail

Ingredients:

Quail breasts
Italian dressing
Italian Bread Crumbs
Lemon pepper

Pasta
Carrots
Broccoli
Cauliflower

Directions:

Heat oven to 350 degrees. Soak quail in Italian dressing for 20 minutes. Coat each bird with Italian bread crumbs and place on cookie sheet. Sprinkle with lemon pepper. Bake for 40 minutes.

While quail is baking saute vegetables and cook pasta. Serve quail over the pasta with a side of sauted vegetables.