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The Science of Turkey

Copied directly from

<http://bbq.about.com/od/turkeyrecipes/a/aa101202a.htm>

Science is the key to the Perfect Turkey

Have you ever cooked a perfect turkey? Were the breasts moist and tender and the leg completely cooked?

Chances are not always. Why is it so hard to get the dark meat cooked perfectly without over cooking the white meat? The reason is that a turkey is actually two distinctly different kinds of meat. The breast meat is very different from the leg, thigh and wing meat. This can create a real challenge when it comes to cooking the perfect bird.

First of all, for the sake of safety the USDA recommends that a turkey be cooked to 165 degrees F. (74 degrees C.). Of course this can leave the meat a little dry and many people choose a lower temperature. If you do, don't say I told you to. The risk is entirely yours.

To ideally cook a turkey, regardless of the method or recipe you use, you want to get the dark meat parts cooked about 20 degrees F. more than the white meat parts. Of course telling your smoker, grill or oven to take it easy of the breast meat and concentrate on the legs is easier

said than done. So how do you do it? There are a couple of methods. The best one in my opinion is to start out by keeping the breast section cooler than the rest of the bird. You can do this by placing an ice pack on the breasts while the bird is thawing or for about 30 minutes before you start cooking. If you can thaw the bird to about 60 degrees F while keeping the breast about 40 degrees F then you have already built in the temperature difference. Add about 15 to 30 minutes to the cooking time, but everything else should go normally.

There is another method that is a Portuguese recipe that calls for placing your stuffing not in the body of the bird, but in-between the skin and the breast meat. This insulates the breast and slows down the cooking. You still get the added flavor of the stuffing, but you also allow the dark meat to cook a little faster. One thing to remember is to take out the stuffing the second the bird is done. The hot stuffing will continue cooking the meat and cause the breast to overcook.

One last thing to consider is basting. Many people like to baste their turkey with hot juices right from the roasting or drip pan. By pouring this very hot liquid over the breast you are causing it to cook faster. Remember to baste legs and wings with the hot liquid right from the pan, but let the juices cool down before you use them to baste the breast. This will help maintain some moisture, add flavor and keep your turkey cooking correctly.

For more information about turkey as well as cooking:
<http://bbq.about.com/od/turkeyrecipes/a/aa101202a.htm>

Honeywell Educators at Space Academy Program

The Honeywell Educators at Space Academy Program funds 5-day scholarships for **middle school math and science teachers** at the U.S. Space & Rocket Center in Huntsville, AL. Recipients have 40 hours of intensive classroom, laboratory and training time, focusing on space science and space exploration, including participation in astronaut-style training and simulations and activities designed to promote life-long learning in a classroom setting. Maximum Award: travel, accommodations, materials and 5-day tuition. Eligibility: middle school (grades 6-8) science and math teachers. **Deadline: January 3, 2007.** Go to the following site for additional information and to download an application:

<http://www.honeywell.com/sites/portal?smap=hometownsolutions&page=sciencemath3&theme=T6&catID=CF995EBDB-5B1F-F0C3-9BD3-BE081797224C&id=HD7034>

Presidential Awards for Excellence in Mathematics and Science Teaching

[C82-C41E-4008-9244-F7A30EC1750D&sel=3&sel4=1](http://www.honeywell.com/sites/portal?smap=hometownsolutions&page=sciencemath3&theme=T6&catID=CF995EBDB-5B1F-F0C3-9BD3-BE081797224C&id=HD7034)

The Presidential Awards for Excellence in Mathematics and Science Teaching are the Nation's highest honors for teachers of mathematics and science. The Awards recognize highly qualified K-12 teachers for their

contributions in the classroom and to their profession.

Since 1983, more than 3,700 outstanding teachers have been recognized for their contributions to mathematics and science education. If you know great teachers, nominate them to join this prestigious network of professionals. To read more about this program and the awards or to download a nomination form for a colleague go to:

<http://www.paemst.org/>



The North Cascades and Olympic Science Partnership is a National Science Foundation funded project involving 26 school districts, two education service districts, four community colleges, Washington State LASER, the Naval Undersea Museum, Washington State MESA, and Western Washington University.

The Partnership has made several resources available online. One such helpful site is a list of "External Resources" that are handy references for science teachers. These can be found at:

<http://www.sciencenotebooks.org./resources/links.cfm>

The Science Notebook website (address above) is designed to support classroom teachers in their quest to use science notebooks in their classroom. Notebook Features, Student Work (samples), Classroom Tools, Teacher Resources (including Rubrics), and FAQs are the topic headers.

Be sure to check out this AWESOME resource!

The "Powerful Classroom Assessment" is a link that I plan to explore further. <http://www.k12.wa.us/assessment/WASL/Science/ClassroomAssessments.aspx>