

## 4-H Shooting Sports

### Shotgun: Wild Harvest Table Guide to Hunting Fowl & Other Small Game

Total time: 60 to 100 minutes



This lesson plan uses the 4-A style, which was developed by Joye Norris in her book From Telling to Teaching, <http://www.learningbydialogue.com/tellingtoteaching.html>, and is often used by the Department of Nutrition Sciences at Cornell. The following explanation is from the Cornell University Division of Nutritional Sciences Facilitation Skills Training:

ANCHOR...	This activity “anchors” the topic in the lives of the learners. It introduces the topic by building on their previous experiences and knowledge. It helps the learner transition from what they already know to potentially new information. It is usually done in partners or small groups and serves as a “focused warm-up”.
ADD...	Information related to the topic that the learners need to know before they can successfully take action is “added” here. It can be offered as a mini-lecture, demonstration, slides, video or story.
APPLY...	The learners apply the information from “Add” more concretely to their personal lives. Participants actually “do” something with the knowledge they gained. It is usually a hands-on activity done in partners or small groups.
AWAY...	This activity helps the learner take the information “away” with them by bridging it to the future and having them think about using it in a real-life setting. It asks the learner, “What will you <i>do</i> with this information?” This is a good time for learners to set practical, realistic goals for themselves with regard to the topic.

### Lesson Overview

#### Facilities:

The workshop should be held in a space with:

- Adequate table space for preparing pheasant fingers, where students can easily observe the lesson
- Access to an oven
- Access to a sink

**Handouts:**

4-H Shooting Sports booklet: Shotgun

**Supplies:**

Ingredients and equipment for preparing pheasant fingers.

**Lesson at a Glance****Anchor: 5 minutes**

- Ask whether students have ever eaten wild fowl.

**Add: 10 minutes**

- Review page 1 of Shotgun booklet.
- Ask why it's important to use the correct ammunition and shot.
- Discuss health considerations for ammunition and shot, along with other food safety tips for wild fowl and small game.

**Add or Apply: 10 or 40 minutes**

- Demonstrate field dressing a pheasant (breasting out and removing legs OR gutting and plucking the bird whole. (~10 minutes)
- If time, materials, and space allow, have each youth field dress a bird as was just demonstrated with mentors close at hand to assist and insure safety. (~30 minutes)

**Apply: 30 minutes**

- Prepare pheasant fingers.

**Away: 5 minutes**

- Hand out the Shotgun booklet and encourage students to prepare meals with wild fowl and small game at home.

## **Full Lesson Plan**

### **Facilities:**

The workshop should be held in a space with:

- Adequate table space for preparing pheasant fingers, where students can easily observe the lesson
- Access to an oven
- Access to a sink

### **Handouts:**

4-H Shooting Sports booklet: Shotgun  
Pheasant Fingers recipe

### **Supplies:**

Sharp knives and game shears for dressing pheasants (enough for demonstration and/or for youth to do their own birds). Cooking equipment and ingredients for preparing pheasant fingers [note: this recipe yields about one pound of pheasant fingers, so you may need to adjust according to the number of participants and whether you are planning to serve a taste or a whole meal]:

- Ingredients:
  - 2 tablespoons flour
  - 1-2 teaspoons Cajun seasoning
  - 1 pound boneless, skinless pheasant breast cut into  $\frac{3}{4}$  inch strips
  - 1  $\frac{1}{2}$  cups corn flake cereal
  - 2 eggs
- Equipment:
  - Oven
  - Baking sheet
  - Non-stick cooking spray
  - Resealable plastic bags
  - Shallow bowl
  - Whisk or metal fork
  - Spatula for serving
  - Disposable gloves
  - Forks
  - Small plates for taste-testing
  - Sharp, boning knife/knives
  - Game shears
- Additional Demonstration Equipment and props (optional)
  - Shotgun ammunition or shot
  - Wild fowl and/or small game cookbooks

## Anchor

Ask,

- Have you ever eaten wild fowl? What kind? Pheasant, quail, goose, duck? How was it served? Do you have a favorite wild fowl dish? (ask favorite domestic fowl dish if not getting a response about wild fowl)

Upland birds (pheasant, quail, ruffed grouse, spruce grouse, wild turkey) and water fowl (goose and duck) are usually hunted using a shotgun. Tie this into your 4-H Shooting Sports shotgun programming.

## Add

Say,

- When you harvest wild fowl, it's important to choose the correct ammunition and shot.

Ask,

- Why do you think that it's important for us to choose the right ammunition and shot?
- Right! First to follow the law for waterfowl hunting regulations (no lead ammo) and also, so that the fowl that we worked so hard to harvest stays safe for us to eat.

Say,

- Our choice of ammunition and shot is an important health consideration. Using lead shot has been outlawed for waterfowl, but not for upland game birds and small game. However, research shows that lead ammunition can be harmful to wildlife populations and humans when ingested. Even lead shot that passes through an animal can leave traces of harmful lead.
- Lead exposure is particularly harmful to growing children and pregnant women because high blood levels of lead can cause neurological effects that stunt development.
- There are many ammunition alternatives to lead, such as steel, that are healthier options.
- It is important to remember that shot will inevitably remain in the meat that you are cooking; therefore, be careful of your teeth as you chew it!
- In addition to using the correct ammunition and shot, always be sure to practice food safety in the field. Be sure to field dress animals right away and keep the meat cool and clean to avoid bacterial contamination.
- Do not pile birds up, making more heat for bacteria to thrive. If possible, bring a cooler with ice blocks to store the birds as you hunt.

## **Add (through demonstration), or Apply (through hands-on activity Dressing a Bird (Optional)**

Say,

- Now we're going to practice dressing wild fowl!

Demonstrate how to field dress a pheasant, either by breasting the bird out and then removing the legs or by gutting and plucking the bird whole. If time and materials allow, the youth can each dress their own bird

## **Apply- Preparing Pheasant Fingers**

Prepare pheasant fingers: Say,

- Now we're going to practice one delicious way to prepare your wild fowl!
- Wild fowl is a healthy, lean source of poultry meat. There is nearly half of the amount of fat in the wild duck and goose meat compared to domestically raised duck and goose. Can anyone think of why this might be?

Review the nutrition charts for various birds in the *Shotgun- Wild Harvest Table Guide to Hunting Fowl & Other Small Game* booklet.

Say,

- Pheasant fingers are a perfect dish to prepare after a youth hunt. They are tasty and easy to make, even if you are just learning to cook!

Prepare pheasant fingers:

Preheat the oven to 350°F and lightly grease a baking sheet.

Working in small groups or individually, depending on size of the group, hand out the recipe and have work stations with the plastic bags and ingredients at hand. Let the youth prepare the recipe.

Place the flour and Cajun seasoning in a resealable plastic bag. Place the pheasant (3-4 strips at a time) in the bag. Seal and shake to coat the pheasant. Remove the pheasant and lay on a plate.

Place corn flakes in a plastic bag and gently crush the cereal until you have finely crushed corn flakes. For "hot" fingers, add ½ tablespoon of Cajun seasoning.

Lightly beat 2 eggs and place them in a shallow pan. Dip the floured pheasant strips in egg and then place in the corn flake bag. Shake to coat the pheasant evenly with corn flakes.

Place the coated pheasant on the lightly greased baking sheet. Bake for 15 minutes, or until cooked through and crispy on the outside.

Allow students to taste test along with barbeque sauce for dipping.

## Away

Hand out the Shotgun booklet.

Say,

- Now that you know more about using proper ammunition and shot and have practiced making pheasant fingers, you can use this booklet to cook up some other tasty wild fowl or small game recipes at home! Take a look through the recipes... What recipe would you like to try?