



From Aviary to Plate: Chicken and Other Poultry

Processing

OBJECTIVE

Understand how **chicken and other poultry** (turkey, duck) are processed from production to different forms of consumption, distinguishing **simple processes** from more intensive processes, and reflecting on the impact of these choices on health.

YOUR MISSION

Choose a **chicken or other poultry product** that you usually consume and analyse its level of processing.

Step 1 - Identify the product

- **Chosen bird:** ☐ chicken ☐ turkey ☐ duck ☐ other
- **Product:** _____
(e.g., fresh chicken breast, whole chicken, nuggets, turkey ham)
- **Method of purchase:** ☐ fresh ☐ frozen ☐ prepared / processed

Step 2 – Processing Steps

Mark the steps you think are part of this product's journey:

- ☐ Breeding the bird
- ☐ Slaughter
- ☐ Cutting / cutting
- ☐ Refrigeration or freezing
- ☐ Seasonings or marinades
- ☐ Shredding and moulding (e.g. nuggets, burgers)
- ☐ Added salt, fat, or additives
- ☐ Packaging



Which of these steps make the product more different from the original meat?
Why?

Step 3 — Degree of processing

Rate the product you have chosen:

- ☐ Poorly processed
- ☐ Moderately processed
- ☐ Highly processed

Justify your choice:

Step 4 — Health impact

Reflect and answer:

- Does the product keep **poultry meat as the main ingredient**?
- Are there **added salt, fat, or artificial ingredients**?
- Which of these ways do you think is more balanced for regular consumption?

REFLECTION:



FINAL REFLECTION

If you had to choose between **fresh chicken prepared at home** and a **highly processed poultry product**, which would you choose more often and why?

FOODWISELAB TIP

Plain **fresh or frozen chicken** or other poultry meat is less processed and allows greater control of salt, fats and ingredients, when compared to processed products such as nuggets or hams.