

WOW

Dear teachers,

Thanks for taking the first 5 minutes of class to discuss our “WOW” topic—turkey!! Here are some fun facts about turkey to help guide your discussion...

- A large group of turkeys is called a flock. A female turkey is called a hen and a male turkey is called a tom.
- For their first meal on the moon, astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets.
- Turkey is low in fat and high in protein.
- White meat has fewer calories and less fat than dark meat.
- It is NOT the turkey that makes you sleepy after a Thanksgiving feast. Tryptophan can only make you sleepy taken on an empty stomach without protein. It is likely the carbs in the other foods you eat during the meal that make you sleepy.

Source: funshun.com & BellaOnline.com