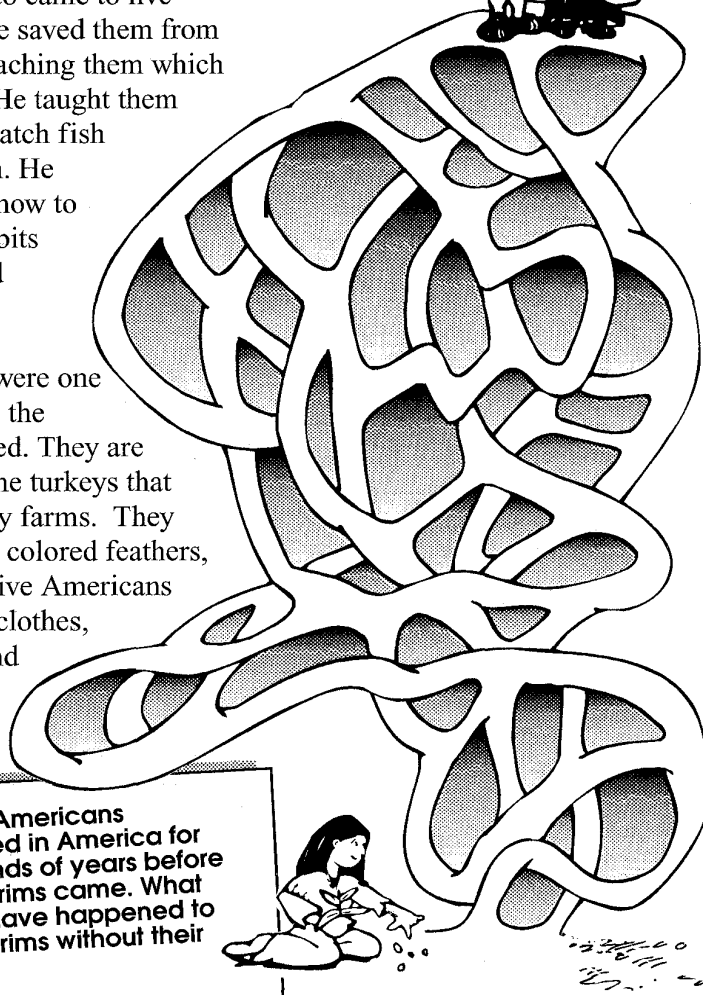


# Thanks to Native Americans friends!

**M**any friendly Native Americans lived near the Pilgrims' village. They helped the Pilgrims. A boy named Squanto came to live with them. He saved them from starving by teaching them which plants to eat. He taught them new ways to catch fish and plant corn. He showed them how to hunt deer, rabbits and other wild animals.

Wild turkeys were one of the animals the Pilgrims hunted. They are smaller than the turkeys that grow on turkey farms. They have beautiful colored feathers, which the Native Americans used to make clothes, decorations and arrow tips.

Help the Pilgrim children find their friend.



Native Americans had lived in America for thousands of years before the Pilgrims came. What might have happened to the Pilgrims without their help?



Q. Why did they ask the turkey to join the band?

A. Because it had the drumsticks!

# Kids in the Kitchen

## My Kitchen Plan

Check off the things you do.  
Tell why each is important:

- Have an adult helper.
- Read the recipe. Collect everything you need.
- Wash hands with warm, soapy water before handling food.
- Make sure everything that touches the food is clean (tables, pans, counters, etc.).
- Be very careful of sharp tools, hot stoves.
- Keep hot foods hot, cold foods cold.
- Clean up and wash dishes!

Cooking is fun!  
But to be safe,  
you need help!



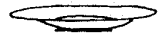


Make sure turkey is cooked all the way through and is no longer pink.

## Turkey Tortilla Sandwich Recipe

### You need:

- 1 slice cooked turkey or turkey sandwich meat
- 1 slice cheddar cheese
- 1 lettuce leaf
- 1 Tbsp. salsa sauce
- 1 Tbsp. sour cream
- 1 8" soft corn tortilla

### You do:

1. Ask an adult to help you.
2. Gather
  - a microwave safe plate 
  - measuring spoon 
  - plastic wrap 
3. Put the tortilla on the plate.
4. Spread salsa sauce on tortilla. Put turkey, cheese and lettuce on top of salsa sauce.
5. Roll the tortilla so the sauce, turkey, cheese and lettuce are tucked inside.
6. Keep the seam side of the tortilla down or fasten with a toothpick to keep it from opening.
7. Cover with plastic wrap and microwave on high 45 seconds.
8. Enjoy with sour cream.

Turkey is good for you. It's low in fat and high in protein.



Q. You use two scoops of ice cream, some root beer and a turkey! How do you make a turkey float?