

The Story of Fast Food Chicken Nuggets



Have you ever wondered where that yummy chicken nugget came from? Where is the chicken nugget farm? And how did it get all the way to your takeout bag? You won't be surprised to learn that there are no little chicken nuggets running around on a farm somewhere. You may find it interesting to know that that the nugget in your bag may have been to more states than you!



Chicken Hatchery

There are four large chicken companies in the US that provide nearly all of the chicken that we eat. The chicken used for your nugget was hatched at one of their factories, called a hatchery. Soon after, the chicks were boxed up and loaded onto trucks to be taken to a factory farm.

Factory Farm

Factory farms are run by farmers who follow the rules of the chicken company. They grow the chickens just how the company tells them to. They keep the chickens in large buildings where they do not have fresh air or sunlight. There are lots of chickens in these buildings. They are given antibiotics so that they do not get sick. Factory chickens grow fast and have lots of white meat. This means that their bones cannot keep up with their growth. They have poor



balance due to their extra white muscle in the front. Even if there was room to move around a lot, many chickens couldn't do it anyway.

Adult Chicken Transport

After about 49 days, the grown chickens are loaded back into crates. The crates are loaded onto trucks, and they return to the factory. There they will be processed into the different cuts of meat. To make chicken nuggets, the white meat is ground up and mixed with water, salt, starches, chemicals and flavorings. This chicken mash is then pressed and cut into chicken nugget shapes. The nuggets are coated in a batter made from corn, wheat, and other ingredients. Finally, they are partially fried in oil and frozen.



Traveling Nuggets

Fast food chicken nuggets are packaged to be trucked to restaurants all over the country. They may have to travel hundreds of miles. When they arrive the packaging is removed and thrown away. The nuggets are dipped into boiling hot oil to finish cooking them. Finally, they are packaged in a box and served to you.