

4-H Microwave Project Grid – No State Fair Exhibit

Chapter	Book A	Book B	Book C	Book D
1 – Techniques & utensils	Tricks of the Trade – How a Microwave Works – Wattage & Safety a. Cookware – dish test – hot chocolate b. Hot spots – boiling water c. Covering – hot dogs	Stirring, Shielding, Shapes of Dishes & Food, Types of Covers a. Output wattage b. Arranging potatoes & toppings c. Quantity - bacon	Defrosting & Browning a. Defrosting – hamburger – make chili b. Browning – hamburgers c. Browning – pork chops	Doneness – Probes, Standing & Holding Time a. Oven bag – pot roast b. Whole Chicken – standing time & shielding c. Comparison shopping for a microwave – features & costs
2 – Nutrition	Food Guide Pyramid a. Breakfast – energy - Scrambled eggs b. Apples – browning test, baked c. Pizza snacks	Vitamins (A, C & D)& Minerals (Calcium) a. Vegetables – Fresh canned & frozen & toppings b. Pudding – different types of milk c. Chocolate Fondue	Protein & Meat Alternatives a. Lemon broccoli chicken breasts b. Meatloaf – different shapes c. Lasagna –frozen vs. homemade & pasta tips	Healthy Substitutes • Chocolate Cake – substitute oil & egg • Sugarless Carrot cake • Adapting a recipe – conventional to microwave
3 – Food Preparation Match exhibit requirements	Power Levels a. Popcorn with cheese topping b. Granola Snack Mix c. Fudge – chocolate & peanut butter	Microwave Baking Tips – bar cookies & cakes a. Bar Cookies with frosting b. Brownies c. Pineapple upside down cake	Candy & Chocolate Tips a. Coffee cake b. Peanut Brittle c. Fruit Crisps	Benefits of Microwave Cooking, Quality of Cakes & Pies a. Microwave Layer Cake b. Jams & Jellies c. Pie – cherry & pecan
4 – Meal	Breakfast & snacks – Carbohydrates, sugar a. Prepackaged – breakfast foods b. Chili dip c. Banana split	Lunch Ideas & Fight Bac Rules a. Macaroni & cheese b. Sloppy joes c. Chicken nuggets	Dinner - Storing & Reheating Left-overs a. Vegetable & Rice Casserole b. Ground beef & potato casserole c. One-dish spaghetti	Planning a Menu – Schedule microwave to cook several dishes • Breakfast - Quiche • Lunch - Tuna casserole • Italian chicken • Dinner – Beef Teriyaki, Veggies & Rice
Exhibit	Grade 3 – Microwave Snack Grade 4 – Fudge	Grade 5 – Bar Cookies or brownies Grade 6 – Upside down cake	Grade 7 – Fruit Crisp Grade 8 – Coffee Cake Grade 9 - Candy	Grade 10 – Double layer or bundt cake Grade 11 – Pie Grade 12 – Jam or Jelly

Purdue Extension Food Safety Policy (revised 10/2020)

Note to Extension Educators – Given the number of changes to the existing policy, it is suggested that staff remove this policy in its entirety from current documents and publications and insert the updated policy as stated below. This policy has been reviewed by Amanda Deering, Clinical Associate Professor, Department of Food Science, Atina Rozhon and Karen Richey, HHS Food Safety Extension Educators.

Please note: This document will be updated in October 2021 for additional guidance for events occurring in 2022.

For Food Competitions: Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products IF the final product is cooked/baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. pasteurized or included as part of a batter and baked) are acceptable. No home-canned fruits, vegetables, or meats are permitted as ingredients in food products. Fresh-cut, uncooked, fruits and/or vegetables are not permitted to be used in food products or used as garnishes for the product. Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).

Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Each food product must be labeled with the following information:

- Name
- Address
- Contact information (phone and/or email address)
- Date the food product was made

Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.

Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana State Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are **NOT** to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.

4-H FOODS RECIPE CARD

Project Level (circle level) **A B C D**

Name _____

Baked **Preserved (check one)**

County _____

Name of Product: _____ **Recipe Source** _____

INGREDIENTS:

INSTRUCTIONS:

(continue on back if needed)

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