

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