

# MICROWAVE MAGIC

## (Decatur County 4-H Project)

The Microwave Magic Project contains exciting youth activities that focus on using the microwave to prepare everything from simple snacks to complete meals. The materials are designed for students in Grades 3-12. Each learner guide has activities focused on the following: Techniques and Utensils, Nutrition, Food Preparation, and Meal Preparation. **Please include a recipe card for each exhibit. Bring a picture (3x5 or 4x6) of the finished product to the fair to display.** Please be prepared to explain where and how you used your microwave to make the dish. **NOTE: Microwave Magic is NOT a State Fair project.**

1/30/19

Chapter	Book A	Book B	Book C	Book D
<b>1 - Techniques &amp; Utensils</b>	Tricks of the Trade – How a Microwave Works (Wattage & Safety)  1. Cookware - Dish test, hot chocolate 2. Hot spots - Boiling water 3. Covering - Hot dogs	Stirring, Shielding, Shapes of Dishes & Food, & Types of Covers  1. Output wattage 2. Arranging potatoes & toppings 3. Quantity - Bacon	Defrosting & Browning  1. Defrosting - Hamburger - Make chili 2. Browning - Hamburgers 3. Browning - Pork chops	Doneness – Probes, Standing & Holding Time  1. Oven bag - Pot roast 2. Whole chicken - Standing time & shielding 3. Comparison shopping for a microwave - features & costs
<b>2 - Nutrition</b>	Food Guide Pyramid  1. Breakfast - Energy - Scrambled eggs 2. Apples - Browning test, baked 3. Pizza snacks	Vitamins (A, C & D) & Minerals, Calcium  1. Vegetables - Fresh canned & frozen & toppings 2. Pudding - Different types of milk 3. Chocolate Fondue	Protein & Meat Alternatives  1. Lemon broccoli chicken breasts 2. Meatloaf - Different shapes 3. Lasagna - Frozen vs. homemade & pasta tips	Healthy Substitutes  1. Chocolate Cake - Substitute oil & egg 2. Sugarless carrot cake 3. Adapting a recipe - Conventional to microwave
<b>3 - Food Preparation</b>  (Match exhibit requirements)	Power Levels  1. Popcorn with cheese topping 2. Granola snack mix 3. Fudge - Chocolate & peanut butter	Microwave Baking Tips – Bar Cookies & Cakes  1. Bar cookies with frosting 2. Brownies 3. Pineapple	Candy & Chocolate Tips  1. Coffee cake 2. Peanut brittle 3. Fruit crisps	Benefits of Microwave Cooking, Quality of Cakes & Pies  1. Microwave layer cake 2. Jams & jellies 3. Pie - Cherry & pecan
<b>4 - Meal</b>	Breakfast & Snacks - Carbohydrates, Sugar  1. Prepackaged - Breakfast foods 2. Chili dip 3. Banana split	Lunch Ideas & Fight Back Rules  1. Macaroni & cheese 2. Sloppy Joes 3. Chicken nuggets	Dinner - Storing & Reheating Leftovers  1. Vegetable & rice casserole 2. Ground beef & potato casserole 3. One-dish spaghetti	Planning a Menu - Schedule Microwave to Cook Several Dishes  1. Breakfast - Quiche 2. Lunch - Tuna casserole 3. Italian chicken 4. Dinner - Beef teriyaki, veggies & rice
<b>Exhibit</b>	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