

Microwave Magic Level C

Grade 7 Record Sheet

Name _____ Grade _____ Year _____

Name of Club _____ Years in project _____

1. As a result of the activities you completed this year, what will you do differently?

2. Why is it important to use browning agents with meat products?

3. What have you learned about cooking fruit crisp in the microwave?

4. Did you give a demonstration on your microwave project? _____ Yes _____ No

Name of demonstration _____

5. List the foods you prepared in the microwave this year.

Food Prepared	Number of times prepared	Amount prepared	Total cooking time

6. Write in the number of times you completed these activities for 3 months.

Activity	Number of Times
Set table	
Helped serve family meals	
Planned and cooked entire meal	
Collected recipes	
Tried new recipes	
Taught a sister, brother, or someone younger to cook in the microwave	
Helped younger 4-H'ers with activities in their microwave manual	

I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Leader _____ Date _____