

Microwave Magic Level C

Grade 8 Record Sheet

Name _____ Grade _____ Year _____

Name of Club _____ Years in project _____

1. What did you learn this year in the microwave project that you did not know before?

2. How does the defrosting process work in the microwave?

3. What is the advantage of using the microwave oven in preparing a main dish?

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

| Activity | Number of Times |
|---|-----------------|
| Collected recipes | |
| Tried new recipes | |
| Helped serve family meals | |
| Planned and cooked entire meal | |
| Shopped for groceries | |
| Put away groceries | |
| Taught a sister, brother, or someone younger to cook in the microwave | |

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

Signature of Leader _____ Date _____