

**Microwaving Record Sheet for All Divisions**

**Record of Microwave Use**

Date	Snack/Beverage	Date	Breads	Date	Meats/Vegetables	Date	Desserts
TOTALS							

My Microwave Exhibit is: \_\_\_\_\_

**Microwaving Record Sheet for All Divisions**

Name: \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Year 20 \_\_\_\_\_

Name of your 4-H Club \_\_\_\_\_ Years in 4-H \_\_\_\_\_

**Experience Summary:**

I have made a simple snack or beverage in the microwave. \_\_\_\_\_ number of times

I have prepared microwave cookies. \_\_\_\_\_ number of times

I have cooked eggs or casserole with eggs in the microwave. \_\_\_\_\_ number of times

I have prepared microwave cakes and cupcakes. \_\_\_\_\_ number of times

I have prepared microwave muffins and quick breads. \_\_\_\_\_ number of times

I have cooked fresh and/or frozen vegetables in microwave. \_\_\_\_\_ number of times

I have prepared meat dishes in the microwave. \_\_\_\_\_ number of times

This is what I have learned about using the microwave oven: \_\_\_\_\_

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Date \_\_\_\_\_ Signature of 4-Her: \_\_\_\_\_ Date \_\_\_\_\_ Signature of Leader \_\_\_\_\_