

Microwave Foods

Description: This project contains exciting activities that focus on using the microwave to prepare everything from simple snacks to complete meals. Each learner guide has activities focused on: Techniques and Utensils, Nutrition, Food preparation and Meal Preparation.

No State Fair Exhibit

- Enroll in 4-H, pay annual program fee, and enter project in V2.4online by May 15
- Enter exhibit(s) in FairEntry by May 19, 2023. See page 7 Rule #24.
- Judging will TBD

An Allen County 4-H General Record Sheet must be completed, signed and turned in at the beginning of check-in for All Exhibit Building Projects.

Level 1: Grades 3-4-5

Level 2: Grades 6-7-8

Level 3: Grades 9-10-11-12

Please Note: A county recipe cards are required for ALL exhibits in all levels. These are provided by the Extension Office. A 2"x4" label, which has the name, club, current grade and level, should be fastened securely to the item in an area where there is no food. Any sources of recipes and information must be listed on the recipe card or attached to it in some way.

Note for all exhibits: Custards, cream, and cream cheese fillings or frostings are not acceptable in an exhibit because they are highly perishable when left at room temperature. Follow the food safety rules as printed with the FOODS project instructions. Tasting of exhibits is at the discretion of judges.

Exhibit Details:

Level 1: Choose up to three options (each from a different category) to exhibit from the following:

One microwave vegetable or side dish.

Six squares or bars of microwave fudge.

Six microwave cookies or brownies.

Level 2: Choose up to three options (each from a different category) to exhibit from the following:

One reduced calorie or special diet side dish, entrée, or dessert.

One microwave fruit crisp.

One microwave coffee cake, upside down cake or single-layer, unfrosted cake of any kind.

Level 3: Choose up to three options (each from a different category) to exhibit from the following:

One package of a microwave candy excluding fudge.

One microwave double layer or bundt cake.

One microwave fruit and/or nut pie.

A jar of microwave jam or jelly. Label with name of product, quantity and date made.

A microwave casserole containing a good source of protein.

All posters, notebooks, and display boards must include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the way references are listed.

Posters are to be 22"x28" and displayed horizontally and placed in a clear plastic sleeve or covered with clear plastic to protect contents. Display boards should be designed to sit on a table using no more than 36" of tabletop space. Space should be left in the lower right hand corner to place an exhibit tag provided by Purdue Extension staff.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.