



4-H Microwave Projects

Chapter 1 – Techniques & Utensils

Book A – Tricks of the Trade – How a Microwave Works – Wattage & Safety

- a) Cookware – dish test – hot chocolate
- b) Hot spots – boiling water
- c) Covering – hot dogs

Book B – Stirring, Shielding, Shapes of Dishes & Food, Types of Covers

- a) Output wattage
- b) Arranging potatoes & toppings
- c) Quantity – bacon

Book C – Defrosting & Browning

- a) Defrosting – hamburger – make chili
- b) Browning – hamburgers
- c) Browning – pork chops

Book D – Doneness – Probes, Standing & Holding Time

- a) Oven bag – pot roast
- b) Whole chicken – standing time & shielding
- c) Comparison shopping for a microwave – features & costs

Chapter 2 – Nutrition

Book A – Food Guide Pyramid

- a) Breakfast – energy – scrambled eggs
- b) Apples – browning test, baked
- c) Pizza snacks

Book B – Vitamins (A, C & D) & Minerals (Calcium)

- a) Vegetables – Fresh canned & frozen & toppings
- b) Pudding – different types of milk
- c) Chocolate fondue

Book C – Protein & Meat Alternatives

- a) Lemon broccoli chicken breasts
- b) Meatloaf – different shapes
- c) Lasagna – frozen vs. homemade & pasta tips

Book D – Healthy Substitutes

- a) Chocolate cake – substitute oil & egg

- b) Sugarless carrot cake
- c) Adapting a recipe – conventional to microwave

Chapter 3 – Food Preparation – Match Exhibit Requirements

Book A – Power Levels

- a) Popcorn with cheese topping
- b) Granola snack mix
- c) Fudge – chocolate & peanut butter

Book B – Microwave Baking Tips – Bar Cookies & Cakes

- a) Bar cookies with frosting
- b) Brownies
- c) Pineapple upside down cake

Book C – Candy & Chocolate Tips

- a) Coffee cake
- b) Peanut brittle
- c) Fruit crisps

Book D – Benefits of Microwave Cooking, Quality of Cakes & Pies

- a) Microwave layer cake
- b) Jams & jellies
- c) Pie – cherry & pecan

Chapter 4 – Meal

Book A – Breakfast & Snacks – Carbohydrates, Sugar

- a) Prepackaged – breakfast foods
- b) Chili dip
- c) Banana split

Book B – Lunch Ideas & Fight Bac Rules

- a) Macaroni & cheese
- b) Sloppy joes
- c) Chicken nuggets

Book C – Dinner – Storing & Reheating Leftovers

- a) Vegetables & rice casserole
- b) Ground beef & potato casserole
- c) One-dish spaghetti

Book D – Planning a Menu – Schedule Microwave to Cook Several Dishes

- a) Breakfast – quiche
- b) Lunch – tuna casserole

- c) Italian chicken
- d) Dinner – beef teriyaki, veggies & rice

Exhibit

Book A

- Grade 3 – Microwave snack
- Grade 4 – Fudge

Book B

- Grade 5 – Bar cookies or brownies
- Grade 6 – Upside down cake

Book C

- Grade 7 – Fruit crisp
- Grade 8 – Coffee cake
- Grade 9 – Candy

Book D

- Grade 10 – Double layer or bundt cake
- Grade 11 – Pie
- Grade 12 – Jam or jelly

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