



Project Title: Microwave Cooking

Description:

Allows youth to learn life skills and grow in project knowledge by creating food products using a microwave oven.

State Fair Entries:

None. County only project.

Exhibit Guidelines:

Division	Project Book
Level A (Grades 3, 4)	BU08087
Level B (Grades 5, 6)	BU08088
Level C (Grades 7, 8, 9)	BU08089
Level D (Grades 10, 11, 12)	BU08090

Exhibits should be wrapped or covered with foil, freezer paper, or plastic wrap, or a well-fitting lid made to fit over the container in which the product is prepared. A copy of the recipe must accompany each entry. Cards are available at the Purdue Extension Office.

[Artificial Intelligence \(AI\) may be used, with parent permission, when creating this exhibit and is to be documented as a reference. A majority of the work to create this exhibit is to be the 4-H member's original work.](#)

Purdue Extension Food Safety Policy (revised 10/2020):

For Food Competitions: Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products IF the final product is cooked/baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160⁰F (i.e. pasteurized or included as part of a batter and baked) are acceptable. No home- canned fruits, vegetables, or meats are permitted as ingredients in food products.

Fresh-cut, uncooked, fruits and/or vegetables are not permitted to be used in food products or used as garnishes for the product. Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).

Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Potential food allergens include, but are not limited to, milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, soy and sesame. Each food product container must be labeled with the following information:

- *Name*
- *Address (4-H member information can be taken from enrollment if needed)*
- *Contact information (phone and/or email address; 4-H member information can be taken from enrollment if needed)*
- *Date the food product was made*

Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single-use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.

*Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana State Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are **NOT** to taste any home-preserved foods such as low-acid or acidified foods like green beans, tomatoes or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.*

Baked food products may be from a boxed mix following the instructions, a boxed mix with added ingredients, or ingredients combined from scratch.

A completed recipe card is to be submitted with each exhibit. Recipe cards are for judging purposes only and will not be returned to the exhibitor. Laminating, wrapping the recipe card in plastic, or placing it in a clear plastic bag is optional. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.

Baked food products should be covered during transport and displayed on a paper or foam plate, or another type of disposable container. Pies, casseroles and other similar items are to be baked in a disposable pan. Cakes and sticky items may be displayed on cardboard strong enough to support the item and covered in foil, plastic, wax paper, or similar substance.

Exhibit Class Guidelines:

Level A (grades 3-4 suggested)

Choose one of the products from an activity in the book, or a similar product of choice prepared in the microwave that displays age appropriate skills. It is suggested a participant choose a different option each year, but this is not a requirement. Suggestions include, but are not limited to, a microwave snack or fudge.

Level B (grades 5-6 suggested)

Choose one of the products from an activity in the book, or a similar product of choice prepared in the microwave that displays age appropriate skills. It is suggested a participant choose a different option each year, but this is not a requirement. Suggestions include, but are not limited to, bar cookies, brownies, or an upside down cake.

Level C (grades 7-9 suggested)

Choose one of the products from an activity in the book, or a similar product of choice prepared in the microwave that displays age appropriate skills. It is suggested a participant choose a different option each year, but this is not a requirement. Suggestions include, but are not limited to, fruit crisp, coffee cake, or candy.

Level D (grades 10-12)

Choose one of the products from an activity in the book, or a similar product of choice prepared in the microwave that displays age appropriate skills. It is suggested a participant choose a different option each year, but this is not a requirement. Suggestions include, but are not limited to, a double layer or bundt cake, pie, or a jam or jelly.