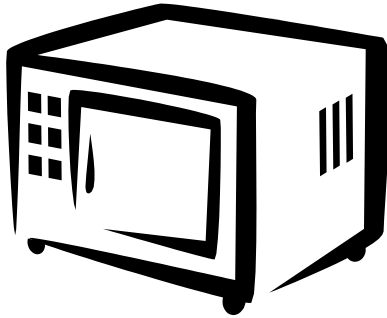


Mini 4-H Microwave Foods Kindergarten, 1st & 2nd Grades



Hi! Welcome to Mini 4-H and the Mini 4-H Microwave Project. You are going to have a great time this year as you learn all about microwave foods.

Before you begin this project, please read the helpful information listed on the next two pages.

Good luck on your project and, most of all, have fun!

Instructions

Before you start working on this project, please read these instructions with an adult or 4-H member who will be helping you.

1. Read the Exhibit Requirements, Note to Parents, and Helpful Hints.
2. You should begin working on your project when you get this manual.
3. Be proud of your project if you have done the best you can do.

Exhibit Requirements

Read this project book.

Kindergarten – Exhibit an unopened bag of ready-to-eat (popped) popcorn.

1st Grade – Exhibit one “S’more”, or one “Quick as a Wink cookie” in a zip-lock bag.

2nd Grade – Exhibit a snack with melted candy coating or chips (chocolate, butterscotch, etc.) coating on one of the following: snack cracker, cereal, or Chinese noodles. Exhibit in a zip-lock bag.

NOTE TO PARENTS

4-H is proud to be considered a “family affair.” While it is expected that the 4-H member will actively complete his or her own project, please offer encouragement and guidance to your child throughout the project. Keep in mind that your child’s exhibit is to be an exhibit of his or her best effort. Most importantly, take time to enjoy 4-H with your child.

Helpful Hints

Each 4-H family should view a current copy of the Washington County 4-H Handbook. This book contains information on 4-H activities, rules, and projects. Whenever you have 4-H related questions, please consult this information book.

Monthly 4-H Newsletters will be made available

to families. Please read these Newsletters. They will contain information on upcoming 4-H activities, rule or project updates, and 4-H fair information.

Mini 4-H members are encouraged to attend 4-H Club meetings. At these meetings, you will learn more about 4-H, make new friends, and have fun.

Project Goals

Given the information in this manual and the help of an adult or older 4-H member you will exhibit each year you are in Mini Microwave Foods.

Safety Tips

Do not start the microwave oven when it's empty. If you want to practice programming the oven, put a microwave-safe container of water in it to absorb the microwave energy.

Use only microwave safe dishes. Do not use metal in a microwave.

Never use newspaper or other printed or recycled paper in the microwave; a fire could result.

Be careful of steam when removing coverings or opening bags.

Always use pot holders.

Never lean or swing on an open microwave door.

Read and use the "Use and Care Guides" that comes with a microwave oven.

Kindergarten—Popcorn

When making microwave popcorn, you need to follow the directions provided to you on the package.

Example of Popping Instructions

1. Unfold and pop one bag at a time. Make sure that bag has no holes, or tears, or broken seals. Place bag, INSTRUCTIONS SIDE UP, on CENTER of microwave floor. (If using microwave with carousel, make sure bag



can rotate freely. Do not use plastic turntable.)

2. Set microwave oven on HIGH (full power) for 1 minute and 15 seconds to 5 minutes (Because microwave ovens vary, listen carefully and stop microwave when rapid popping slows to 2-3 seconds between pops.) Note popping time and set accordingly for next bag.
3. Do not leave oven unattended while popping corn. Handle hot bag carefully. Open bag away from face (popping makes steam). Open by grasping the top corners marked with dots and pull apart. Do not reheat unpopped kernels or reuse the bag.

Popping Hints

Remove metal microwave oven rack (if present) and make sure oven is clean.

For best results, preheat the microwave oven by heating a cup of water for one minute on high. Remove cup of water before popping corn.

If poor popping results occur, try raising popcorn off oven floor by placing bag on an inverted microwave-safe glass plate.

Stopping and restarting your microwave oven while popping can reduce popping results.

Shake bag before opening for even salt distribution.

1st Grade—Simple Snacks

Snack Smart

Every single day,
You do a little growing,
And food is fuel
That keeps you going!

Nutrients are important.
They play a big part –
Especially if you learn
The way to snack smart!

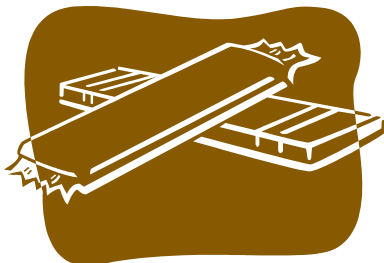
So choose your snacks wisely!

You can, don't you know?
Eat a variety of foods
To go, glow, and grow!

S'Mores

2 squares of graham crackers
4 small squares of chocolate bar
1 large marshmallow

Assemble the square of chocolate bar and the marshmallow on one of the graham cracker squares. Cook in microwave approximately 10-15 seconds until marshmallow is puffy and soft. Take out and add the other square of graham cracker on top. If desired this can be made without chocolate and add 1 teaspoon of peanut butter instead.



Quick As A Wink Cookie

10 rectangular-shaped shortbread cookies or biscuit-type cookies
10 miniature chocolate bars, unwrapped
Multi-colored non-pareils

Cover a 9 to 10 inch microwave-safe plate with a sheet of wax paper. Arrange 10 cookies in a circle around outer edge of plate. Top each cookie with a miniature chocolate bar. Place in microwave oven; set on High (100% power). Set time for 1 minute. Start oven. After 1 minute, if chocolate is not soft enough to spread, microwave for 30 seconds more. Use potholders to remove from oven. With a table knife, spread the chocolate to frost the top of each cookie. Be careful not to get the hot chocolate on your fingers while holding the cookies and spreading the chocolate. Sprinkle with non-pareils. Refrigerate until chocolate hardens.

2nd Grade—Advanced Snacks

Sample Recipes:

Snoopy Snacks

1 (6 oz.) pkg. chocolate chips

1 c. crunchies (small cereal or Chinese noodles) crushed

Melt chips in microwave. Stir in crunchies. Drop by spoonfuls onto greased cookies sheet. Chill.

Chow Mein Noodle Candy

2 (6 oz.) pkg. chocolate chips

2 (6 oz.) pkg. butterscotch chips

2 (3 oz.) cans Chow Mein Noodles

Melt chocolate and butterscotch chips in microwave. Quickly stir in noodles so they are evenly coated. Drop by spoonful onto wax paper. Refrigerate. Makes 24 clusters.

Chocolate Bark

2 cups small pretzel twists

16 ounces vanilla flavored confectioner's coating

Line a cookie sheet with waxed paper or parchment paper. Place vanilla flavored confectioner's coating in microwave safe bowl. Microwave for 2 ½ minutes. Stir, and microwave at 30 second intervals until completely melted and smooth. Place pretzels in a large bowl. Pour melted coating over and stir until well coated. Spread onto waxed paper lined baking sheet. Let stand until firm or place in refrigerator to set up faster. Store in a container at room temperature.

2nd Grade Hints

When melting your candy coating, place the coating in a microwave safe bowl. Stir, and microwave at 30 second intervals until completely melted and smooth.

Exhibit your division 3 project in a zip-lock bag. Depending upon what you make, you will need to exhibit ½ cup of your snack or 3 spoonfuls. In the recipe's provided, you would

exhibit ½ cup of the Chocolate Bark, but would exhibit 3 clumps/spoonfuls of the Snoopy Snacks and Chow Mein Noodle Candy.

Just For Fun

RAINBOW FINGER PAINTS

- ½ cup cornstarch
- 3 cups cold water, divided
- food coloring (red, yellow, green, blue, or combinations)

Place cornstarch in large bowl. Blend in 1 cup water. Add remaining water. Microwave at High 8 or 9 minutes, or until thick, stirring every 2 minutes. Pour ½ cup thickened mixture into each of six small bowls. Add desired food coloring. Cool before using.

Your Microwave Exhibit

The extra care that you have taken to make your project will make your exhibit very nice. You will be so proud of your project when you see it on display at the fair.



Check List for Exhibiting Microwave Foods

The judges will consider these things when they look at your exhibit. Can you answer “yes” to each question?

Yes No

Kindergarten – Are the kernels in your bag popped, but not burnt? _____

1st Grade – Did the chocolate melt? _____

2nd Grade – Did the candy coating cover the cracker, cereal, or noodles? _____

It is important that you get your exhibit to the fair on time. Check your 4-H Newsletter or ask your 4-H Club leader when your Mini Microwave Project exhibit needs to be checked-in at the 4-H Fair. Write the information here and on your family calendar.

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