

4-H Microwave Magic Lesson Planning Tool

Lesson #2 Micro Magicians

Intended Learners: Ages 8-12 / Grades 3-6

Total Time Needed: 1 hour

Goals & Outcomes

Long Term Impact:

- Youth gain knowledge and skills in kitchen safety, using the microwave, and making healthy food choices.
- Youth have the skill and knowledge to safely prepare food or drink in the microwave oven
- Youth experience a sense of belonging
- Youth gain confidence, and feel pride in their skills

Learning Outcomes – youth understand...

- kitchen & food safety practices
- food safety practices – food storage
- how a microwave oven operates – watts, cooking wattage
- micro-cooking terms/ techniques –hot spots, arranging food

Action Outcomes – youth practice...

- making food in the microwave oven
- working in a group, teamwork
- making substitutions; trying new things
- cleaning up after self and others
- finding foods on choosemyplate.gov

Life Skills – youth practice...

- following directions
- observing, recording
- thinking critically
- reflecting and applying new knowledge or skill
- trying new things

Lesson Plan Overview (60 minutes)

Get It Together (5 minutes)

- Use & Care Guide Scavenger Hunt

Welcome to 4-H (5 minutes)

- 4-H youth check-in
- 4-H Pledge
- 4-H Wheel of Life

Culinary Concepts (10 minutes)

- Hot Spots
- Power in Watts

Culinary Skills (25 minutes)

- Potato Bake
- Cheesy Broccoli Top that Tater

Nutrition Nuggets / Fast Facts (5 minutes)

- MyPlate

Reflection Connection (10 minutes)

- Wrap up questions
- 4-H Project Portfolio

Supplies & Equipment – from the 4-H Curriculum Kit

Curriculum, Other

Microwave Magic:
Helpers Guide
Level A, Bag of Tricks
Level B, Micro Magicians

4-H Pledge & Wheel of Life Guide
Hand Washing Songs
Kitchen Safety Rules
My Plate poster

Supplies / Equipment

4-H Pledge, 4-H Flag
1 quart microwave-safe glass bowl
thermometer
1 or 2 cup glass liquid measure
Measuring cups
Measuring spoons
Stirring spoon
Mixing bowls
Fork
Whisk
Paring knife
Cutting board

Handout Masters

Use & Care Guide Scavenger Hunt
4-H Project Portfolio
My Plate for Kids

Extended Learning

Microwave Cookware Comparison Chart
For Food Safety... CHILL

Supplies & Equipment – to be provided by the program site

Equipment and Supplies

Newsprint
Markers
Copies of masters (1 per youth)
- *Use & Care Guide Scavenger Hunt*
- *4-H Project Portfolio*
- *MyPlate for Kids*
Use & Care Guides from 5-6 small appliances
Microwave oven
Dish washing detergent
Dish towels

Optional:

Computer, LCD projector, screen
Internet site: Choosemyplate.gov
Copies of masters (1 per youth)
- *For Food Safety... CHILL*

Food Supplies

Hot Spots

6 foam cups
Permanent marker
Water

Power in Watts

(see kit for supplies)

Potato Bake

4 baking potatoes

Veggie Dip 1 – Chili Bean Dip

1 can (16 ounce) pinto beans
2 Tbsp chopped onion
1 tsp chili powder
½ cup shredded cheese

Cheesy Broccoli Top that Tater

1 Tbsp butter or margarine
½ cup shredded cheddar cheese
1 Tbsp flour
½ cup 1% milk
½ cup chopped broccoli
¼ tsp salt
¼ tsp dry mustard

Veggie Dip 2

1 cup cottage cheese
1 Tbsp finely chopped onion
¼ tsp salt
¼ - ½ tsp garlic powder
2 tsp parsley flakes or chopped parsley

Evaluation Plan	Observations Verbal feedback from youth 4-H Project Portfolio
Other Resources References	<p>Safe and Sanitary Work Habits, Utah Education Network – (source for <i>Dishwashing Dilemma</i> and other worksheets). Go to http://www.uen.org/Lessonplan/preview.cgi?LPid=1197</p> <p><i>Fight BAC®</i> – Go to www.fooddetectives.org to play interactive games including <i>The Case of the Filthy Fingers</i>, <i>Bacteria that Kept Growing</i>, <i>The Kid Who Knew Enough</i>, <i>Good Food Gone Bad</i></p> <p><i>Hand Washing Song</i> – http://www.azdhs.gov/flu/pdf/school_handwashingsongs.doc</p> <p><i>Food Preparation Experience – General Roles</i></p>
Preparation and Teaching Tips	<p>Prior to starting this lesson, become familiar with all curriculum materials. Recommended background reading for this lesson:</p> <ul style="list-style-type: none"> • Experiential Learning and Youth Learning Characteristics, pages 4-6, <i>Helpers Guide</i> • Action Demonstrations, page 7, <i>Helpers Guide</i> • Developing Activity/Project and Life Skills, page 8, <i>Helpers Guide</i> • Food Safety and Science, Leftover Magic, pages 18-20, <i>Helpers Guide</i> • Glossary, pages 24-25, <i>Helpers Guide</i> • Measuring Math, page 26, <i>Helpers Guide</i> • Tricks of the Trade, pages 6-13, <i>Level A, Bag of Tricks</i> • Potato Bake and Tater Toppings, pages 10-11, <i>Level B, Micro Magicians</i> and Lesson 2 Recipes and Supplies • Healthy Food Selection, pages 12-13, <i>Helpers Guide</i> • Information on <i>My Plate</i> on website: http://www.choosemyplate.gov/ <p>Review the lesson materials. Gather equipment and supplies. Post the microwave terms for this lesson on a wall and refer to them as you proceed through the lesson.</p> <p>Note – ingredients are listed to make the selected recipe once. If you have a large group with enough space and equipment, you may decide to make more than one batch – if so, multiple the ingredients accordingly.</p>