

## 4-H Microwave Magic Lesson Planning Tool

### Lesson #3 Breakfast in the Microwave

**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 & microwave safety practices
- food safety practices – food storage
- importance of eating breakfast
- how to find nutrition information on a food label

##### **Action Outcomes – youth practice...**

- making breakfast foods in the microwave oven
- working in a group, teamwork
- cleaning up after self and others
- finding foods on *My Plate*

##### **Life Skills – youth practice...**

- following directions
- observing, recording
- thinking critically, comparing, rating
- reflecting and applying new knowledge or skill
- trying new things
- planning, managing time

#### **Lesson Plan Overview** (60 minutes)

##### **Get It Together** (5 minutes)

- Starting Smart Check Up

##### **Welcome to 4-H** (5 minutes)

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

##### **Culinary Concepts** (10 minutes)

- Breakfast Bites
- Bite Out of Nutrition

##### **Culinary Skills - Making Breakfast** (25 minutes)

- Scrambled eggs
- Oatmeal faces
- English muffin pizza
- Breakfast taco

##### **Nutrition Nuggets / Fast Facts** (5 minutes)

- Jumpstart Your Day with Breakfast

##### **Reflection Connection** (10 minutes)

- Summary points
- 4-H Project Portfolio

## Supplies & Equipment – from the 4-H Curriculum Kit

### Curriculum, Other

*Microwave Magic:*

*Helpers Guide*

*Level A, Bag of Tricks*

*Level D, Presto Meals*

*4-H Pledge & Wheel of Life Guide*

*Hand Washing Songs*

*Kitchen Safety Rules*

*My Plate* poster

### Supplies / Equipment

4-H Pledge, 4-H Flag

Medium micro-safe bowls (2)

Fork

Whisk

Mixing spoon

Measuring cups

Measuring spoons

1 quart microwave-safe dish

Cutting board

Paring knife

Table knife

### Handout Masters

*Smart Start Check Up*

*For Food Safety, Keep It... CHILL*

*Breakfast in a Microwave Rating Sheet*

*4-H Project Portfolio*

*My Plate*

### Extended Learning

*Microwave Cookware Comparison Chart*

## Supplies & Equipment – to be provided by the program site

### Equipment and Supplies

Newsprint

Markers

*Smart Start Check Up* – poster / chart

Copies of masters (1 per youth)

- *For Food Safety, Keep It... Chill*

- *4-H Project Portfolio*

- *My Plate*

- *Breakfast in a Microwave Rating Sheet*

Microwave oven

Dish washing detergent

Dish towels

Paper plates

### Optional:

Computer, LCD projector, screen

Internet

site: <http://www.choosemyplate.gov/>

### Food Supplies

#### **Breakfast Bites**

3 packages breakfast products

#### **Scrambled Eggs with Cheese**

4 eggs

Salt & pepper

¼ cup low fat cheese

#### **Oatmeal Faces**

1/3 cup rolled oats

¾ cup hot water

add-ins: dried fruit and nuts (for Oatmeal add-ins)

Cups, paper or glass

#### **English Muffin Pizza**

4 English muffins

1/2 cup pizza sauce

½ cup onions, peppers, or choice of chopped vegetable

2 cups shredded part skim mozzarella cheese

Wax paper

#### **Breakfast Taco**

2 eggs

¼ cup low fat cheese, shredded (Cheddar, Monterey Jack)

Salt & pepper

2-4 Tbsp of Salsa

2 (6") flour tortillas

<p><b>Evaluation Plan</b></p>	<p>Starting Smart Check Up (record responses and repeat at end of series. Compare as pre- and post-test of self-assessment) Observations Verbal feedback from youth 4-H Project Portfolio</p>
<p><b>Other Resources References</b></p>	<p>Safe and Sanitary Work Habits, Utah Education Network – (source for <i>Dishwashing Dilemma</i> and other worksheets). Go to <a href="http://www.uen.org/Lessonplan/preview.cgi?LPid=1197">http://www.uen.org/Lessonplan/preview.cgi?LPid=1197</a></p> <p><i>Fight BAC®</i> – Go to <a href="http://www.fooddetectives.org">www.fooddetectives.org</a> 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> – <a href="http://www.azdhs.gov/flu/pdf/school_handwashingsongs.doc">http://www.azdhs.gov/flu/pdf/school_handwashingsongs.doc</a></p> <p><i>Food Preparation Experience – General Roles</i></p>
<p><b>Preparation and Teaching Tips</b></p>	<p>Prior to starting this lessons, become familiar with all curriculum materials. Recommended background reading for this lesson:</p> <ul style="list-style-type: none"> <li>• Experiential Learning and Youth Learning Characteristics, pages 4-6, <i>Helpers Guide</i></li> <li>• Action Demonstrations, page 7, <i>Helpers Guide</i></li> <li>• Developing Activity/Project and Life Skills, page 8, <i>Helpers Guide</i></li> <li>• Food Safety and Science, Leftover Magic, pages 18-20, <i>Helpers Guide</i></li> <li>• Glossary, pages 24-25, <i>Helpers Guide</i></li> <li>• Measuring Math, page 26, <i>Helpers Guide</i></li> <li>• Micro Snacks, pages 20-21; Magnificent Meals, pages 30-31; Breakfast Bites, pages 32-33 in <i>Level A, Bag of Tricks</i></li> <li>• Recipes and Supplies</li> <li>• Healthy Food Selection, pages 12-13, <i>Helpers Guide</i></li> <li>• Review information from <i>My Plate</i> Website: <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a></li> </ul> <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>

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