

4-H Microwave Magic Lesson Planning Tool

Lesson #6 Meal in A 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
- prevention of oxidation, and retention of nutrients

Action Outcomes – youth practice...

- preparing main dishes in the microwave oven
- working in a group, teamwork
- cleaning up after self and others
- finding foods on *MyPlate.gov*

Life Skills – youth practice...

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

Lesson Plan Overview (60 minutes)

Get It Together (5 minutes)

- Awesome Apples experiment

Welcome to 4-H (5 minutes)

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

Culinary Concepts (5 minutes)

- Benefits of Microwave Cooking

Culinary Skills (35 minutes)

- Preparing Main Dishes – Quiche
- Baked Apples
- Awesome Apples experiment - findings

Nutrition Nuggets / Fast Facts (5 minutes)

- Storing and Reheating Foods
- Maze
- 4-H Project Portfolio

Reflection Connection (5 minutes)

- Wrap up questions

Supplies & Equipment – from the 4-H Curriculum Kit

Curriculum, Other

Microwave Magic:
Level A, Bag of Tricks
Level C, Amazing Rays
Level D, Presto Meals

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

Supplies / Equipment

4-H Pledge, 4-H Flag
Cutting board
Paring knife
Micro-safe flat bottomed plate / pie plate
Micro-safe bowl
Custard cup
Micro-safe dish
Mixing spoon
Measuring cups
Measuring spoons
Pot holder
knife

Handout Masters

Recipes & Supplies – Quiche recipe
4-H Project Portfolio
The A-MAZE-ING Refrigerator Fights BAC!®

Supplies & Equipment – to be provided by the program site

Equipment and Supplies

Newsprint
Markers
Copies of masters (1 per youth)
- *4-H Project Portfolio*
- *The A-MAZE-ING Refrigerator Fights BAC!®*

Microwave ovens (2)
Dish washing detergent
Dish towels
Paper plates
Plastic wrap
Storage containers or sealed bag

Food Supplies

Quiche
10 ounces frozen spinach
½ cup bread crumbs
Spray oil
2 cups grated low fat cheese (Swiss or Cheddar)
2 eggs
½ cup milk (skim, whole, 2%, or half & half)
Dash of cayenne pepper
Dash of dry mustard
2 Tbsp minced onion

Baked Apples

4 apples
4 Tbsp raisins
water
cinnamon

Optional:

Computer
Internet site:

www.choosingmyplate.gov	
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 lessons, 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> • Recipes and Supplies • Storage and reheating tips – pages 30-31, <i>Amazing Rays</i>, and page 20, <i>Helpers Guide</i> • <i>My Plate</i> at 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>