



## 4-H Microwave Magic Kit Users Guide

Thank you for your interest in this 4-H kit! It has been developed by UNH Cooperative Extension staff to support *Microwave Magic*, a product of the National Cooperative Curriculum System (4-H CCS). We hope the kit will help you use 4-H materials effectively with your youth population. The following are some hints in using the kit:

- \* Each kit has a notebook containing: Lessons, *Microwave Magic* curriculum, References and Learning More.
- \* Read all lessons before starting the project. Each lesson is meant to last one hour.

Each lesson has the same format:

A ***Lesson Planning Guide*** which includes:

- Goals and Objectives
- Lesson Plan Overview
- Supplies and Equipment (provided in the kit; and those you need to provide)
- Evaluation Plan
- Other References and Resources
- Preparation and Teaching Tips

The ***Lesson Plan*** which includes:

- **Get it Together** (*Suggestions are provided for lesson related activities for youth to work on as they gather in the room.*)
- **Welcome to 4-H Microwave Magic** (*The script for opening your meeting and introducing youth to the 4-H program and 4-H life skills.*)
- **Culinary Concepts, Experiments and Demonstrations (CCED)** (*This segment introduces youth to things they need to know to be successful in the project.*)
- **Culinary Skills** (*Look here for hands on, minds on activities that incorporate the CCED and challenge youth to learn cooking skills they can take home and use.*)
- **Nutrition Nuggets and Fast Facts** (*These “nutrition notes” emphasize the concepts we want youth to know and be able to apply as they grow and make their own food choices.*)
- **Reflection Connection** (*Questions to stimulate food for thought on their day’s activities are given. It is a time to start their 4-H Project Portfolio.*)



- \* If you have more than one hour with the participants, extended activities and games can be found in the *Learning More* section of the notebook.
- \* Every kit has an inventory sheet attached to the container and a **Kit Return Checklist** for you to use to assure all kit contents are returned.
- \* Please complete the paperwork given to you when borrowing the kit. These documents help us to inform our funders on the use of the kits, improve the kits for future use and allow us to document the needs for future programming.
  - Group Enrollment Form or Individual NH 4-H Member Enrollment Forms
  - 4-H Curriculum Kit Project Group Summary
  - Microwave Magic Photo Journal
- \* Want to get your youth involved with public speaking and presentation events? Check with your local 4-H Office. Find out how your 4-H Afterschool members may participate in local county events.
- \* Your comments, highlights and “aha” moments to share are always welcome! We want youth to have a positive experience with 4-H Youth Development, their first class at the University of New Hampshire.
- \* The Microwave Magic 4-HCCS was created by a work group of Extension Educators for 4-H Youth Development from across the country. The juried curriculum is a result of many hours of applied research and information from our land grant university partners.
- \* Many lessons address New Hampshire Curriculum Frameworks standards. You are encouraged to use this information when reporting on how this activity links to the school day. Check with your local school curriculum coordinator or the State of New Hampshire Department of Education website for a list of standards by curriculum areas.
- \* Some good sites for additional healthy recipes include:
  - <http://recipefinder.nal.usda.gov/>
  - <http://www.kidshealth.org/kid/recipes/index.html>