

4-H Microwave Magic Lesson Planning Tool

Lesson #4 Healthy Snacks

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 whole grains
- how to find nutrition information on a food label

Action Outcomes – youth practice...

- making granola snacks 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, ranking
- reflecting and applying new knowledge or skill
- trying new things
- planning, managing time

Lesson Plan Overview (60 minutes)

Get It Together (5 minutes)

- Snacks On Review I – setting up

Welcome to 4-H (5 minutes)

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

Culinary Concepts (10 minutes)

- Judging Food Products the 4-H Way – building judging skills

Culinary Skills (25 minutes)

- Granola
- Snacks On Review – Part II

Nutrition Nuggets / Fast Facts (5 minutes)

- Whole grains

Reflection Connection (10 minutes)

- 4-H Project Portfolio
- Wrap up questions
- Summary points

Supplies & Equipment – from the 4-H Curriculum Kit

Curriculum, Other

Microwave Magic:

Helpers Guide

Level A, Bag of Tricks

Building Judging Skills in

Afterschool Youth

4-H Pledge & Wheel of Life Guide

Hand Washing Songs

Kitchen Safety Rules

My Plate poster

Supplies / Equipment

4-H Pledge, 4-H Flag

Small micro-safe bowl

Large micro-safe mixing bowl

Micro safe-pan

Mixing spoon

Measuring cups

Pot holder

Peeler

Grater

Handout Masters

4-H Judging Sheet

4-H Project Portfolio

My Plate

Supplies & Equipment – to be provided by the program site

Equipment and Supplies

Newsprint

Markers

Copies of masters (1 per youth)

- *4-H Judging Sheet*

- *4-H Project Portfolio*

- *My Plate*

Microwave oven

Dish washing detergent

Dish towels

Paper plates

Storage container or sealed bag

Optional:

Computer

LCD projector, screen

Internet site:

Food Supplies

Snacks on Review

4-5 brands / flavors of microwave popcorn

Granola

1 cup honey

1 cup peanut butter

3 1/2 cups rolled oats

1/2 cup raisins

1/2 cup grated carrots

1/2 cup coconut

www.choosingmyplate.gov	
Evaluation Plan	<p>Observations Verbal feedback from youth 4-H Project Portfolio</p>
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> • <i>Building Judging Skills in Afterschool Youth</i> • Recipes and Supplies • Healthy Food Selection, pages 12-13, <i>Helpers Guide</i> • <i>My Plate</i> - Website: 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>