# 4-H Microwave Project Grid – No State Fair Exhibit

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Book A</th>
<th>Book B</th>
<th>Book C</th>
<th>Book D</th>
</tr>
</thead>
</table>
| 1 – Techniques & utensils | Tricks of the Trade – How a Microwave Works – Wattage & Safety  
a. Cookware – dish test – hot chocolate  
b. Hot spots – boiling water  
c. Covering – hot dogs | Stirring, Shielding, Shapes of Dishes & Food, Types of Covers  
a. Output wattage  
b. Arranging potatoes & toppings  
c. Quantity - bacon | Defrosting & Browning  
a. Defrosting – hamburger – make chili  
b. Browning – hamburgers  
c. Browning – pork chops | Doneness – Probes, Standing & Holding Time  
a. Oven bag – pot roast  
b. Whole Chicken – standing time & shielding  
c. Comparison shopping for a microwave – features & costs |
| 2 – Nutrition | Food Guide Pyramid  
a. Breakfast – energy - Scrambled eggs  
b. Apples – browning test, baked  
c. Pizza snacks | Vitamins (A, C & D)& Minerals (Calcium  
a. Vegetables – Fresh canned & frozen & toppings  
b. Pudding – different types of milk  
c. Chocolate Fondue | Protein & Meat Alternatives  
a. Lemon broccoli chicken breasts  
b. Meatloaf – different shapes  
c. Lasagna –frozen vs. homemade & pasta tips | Healthy Substitutes  
- Chocolate Cake – substitute oil & egg  
- Sugarless Carrot cake  
- Adapting a recipe – conventional to microwave |
| 3 – Food Preparation Match exhibit requirements | Power Levels  
a. Popcorn with cheese topping  
b. Granola Snack Mix  
c. Fudge – chocolate & peanut butter | Microwave Baking Tips – bar cookies & cakes  
a. Bar Cookies with frosting  
b. Brownies  
c. Pineapple upside down cake | Candy & Chocolate Tips  
a. Coffee cake  
b. Peanut Brittle  
c. Fruit Crisps | Benefits of Microwave Cooking, Quality of Cakes & Pies  
a. Microwave Layer Cake  
b. Jams & Jellies  
c. Pie – cherry & pecan |
| 4 – Meal | Breakfast & snacks – Carbohydrates, sugar  
a. Prepackaged – breakfast foods  
b. Chili dip  
c. Banana split | Lunch Ideas & Fight Bac Rules  
a. Macaroni & cheese  
b. Sloppy joes  
c. Chicken nuggets | Dinner - Storing & Reheating Left-overs  
a. Vegetable & Rice Casserole  
b. Ground beef & potato casserole  
c. One-dish spaghetti | Planning a Menu – Schedule microwave to cook several dishes  
- Breakfast - Quiche  
- Lunch - Tuna casserole  
- Italian chicken  
- Dinner – Beef Teriyaki, Veggies & Rice |
| Exhibit | Grade 3 – Microwave Snack  
Grade 4 – Fudge | Grade 5 – Bar Cookies or brownies  
Grade 6 – Upside down cake | Grade 7 – Fruit Crisp  
Grade 8 – Coffee Cake  
Grade 9 - Candy | Grade 10 – Double layer or bundt cake  
Grade 11 – Pie  
Grade 12 – Jam or Jelly |