

# 4-H Training Topics - *Microwave Magic*

## Background:

*Microwave Magic* is full of hands-on activities that focus on children and youth grades 3-12 using the microwave to prepare everything from simple snacks to complete meals.

## Resource:

*Microwave Magic*, **Presto Meals, Once You Swallow**, pages 14-17

## Materials Needed:

Copy of the activity for each person, **Presto Meals, Once You Swallow**, pages 14-17, Ingredients and supplies for recipe on page 16, Microwave oven.

## Preparation:

Have all materials, ingredients and supplies ready. Make at least one practice cake before the training. If it does not come out satisfactorily review pages 14-15 and try again. Preparation time 30 minutes.



## 1 Opening Activity

What to Do	What to Say	Minutes
Have everyone wash their hands when they arrive. Give each person an ingredient from the recipe and a copy of the recipe.	Please wash your hands and then take a recipe and measure out the assigned ingredient. We will combine the ingredients a bit later.	3

## 2 Curriculum

What to Do	What to Say	Minutes
Show everyone the curriculum guides and point out the pages related to the handout. For more background read <b>Presto Meals</b> .	Microwave cooking makes healthy eating easier. Prepare anything from breakfast to dessert quickly by changing a few ingredients and using the appropriate supplies. <b>Bag of Tricks</b> the first level is perfect for the novice then each level increases the skill level so there is something for everyone.	2

## 3 Staff Introductions

What to Do	What to Say	Minutes
Introduce yourself and ask everyone to give their name, where they work and their favorite microwave food.	Thanks for being here, please introduce yourself and tell everyone your favorite food to cook in a microwave.	5

## 4 Doing an Activity

What to Do	What to Say	Minutes
Be sure everyone has the handout and has measured their assigned ingredient.	We're going to make a low fat healthier chocolate cake using the ingredients you have measured and following the steps on page 16. While the cake is baking we'll clean up.	10

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## 5 Sharing Ideas

What to Do	What to Say	Minutes
Use the questions provided, make up your own and encourage the participants to ask their own questions.	What were the steps in baking this cake? How was it different from what you usually do when baking a tradition cake? Did the cake look or taste different from a traditional cake?	5

## 6 Applying the Experience

What to Do	What to Say	Minutes
Apply this experience to other activities.	What foods will youth want to prepare? How can they share this new skill with others in the program? Are there other ways to get more youth interested in microwave cooking?	5

## 7 Making a Plan

What to Do	What to Say	Minutes
Make a plan for starting the <i>Microwave Magic</i> project.	Now it's time to work as a group and begin planning this project. Is the activity used today one that children and youth will want to try? Would this be an activity that would encourage them to participate in the project? When should planning begin with both adults and youth? Who is the adult project leader? When should the project start?	5

## 8 Close

What to Do	What to Say	Minutes
Serve the cake, summarize and close.	Microwaves are used for more than just heating water. With a few adjustments to standard recipes favorite foods can be fixed in a snap. Children and youth feel a great sense of accomplishment when they can prepare food for their friends and family.  Are there any questions? Thank you for coming today.	5

