

# Microwave Foods

## Description:

This project contains exciting activities that focus on using the microwave to prepare everything from simple snacks to complete meals. Each learner guide has activities focused on: Techniques and Utensils, Nutrition, Food preparation and Meal Preparation.

## State Fair Entries:

No State Fair Exhibit

## Exhibitor Check list:

- Judging for Foods will be June 19th

## Exhibit Guidelines:

Please ensure to fill out a recipe card and turn in with your project during judging.

Note for all exhibits: Custards, cream, and cream cheese fillings or frostings are not acceptable in an exhibit because they are highly perishable when left at room temperature. Follow the food safety rules as printed with the FOODS project instructions. Tasting of exhibits is at the discretion of judges.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.

## Exhibit Class Guidelines:

### *Beginner (grades 3-5)*

Choose up to three options (each from a different category) to exhibit from the following: One microwave vegetable or side dish, six squares or bars of microwave fudge, or six microwave cookies or brownies.

### *Intermediate (grades 6-8)*

Choose up to three options (each from a different category) to exhibit from the following: One reduced calorie or special diet side dish, entrée, or dessert, one microwave fruit crisp, one microwave coffee cake, upside down cake or single-layer, unfrosted cake of any kind.

### *Advanced (grades 9-12)*

Choose up to three options (each from a different category) to exhibit from the following: One package of a microwave candy excluding fudge, one microwave double layer or bundt cake, one microwave fruit and/or nut pie, a jar of microwave jam or jelly (label with name of product, quantity and date made), or a microwave casserole containing a good source of protein.