4-H Microwave Magic Project
Project Level Guidelines and Exhibit Ideas

Level A – Bag of Tricks (561)
- Learn how microwaves work
- Learn to use microwaves safely
- Learn about microwave power levels
- Learn to prepare foods such as scrambled eggs, apples, popcorn treats, snacks, fudge and desserts

Exhibit Ideas
- Apple crisp
- Granola mix
- Fudge
- Popcorn treats

Level B – Microwave Magicians (562)
- Learn about wattage – the amount of power in microwaves
- Learn to cook for two or more people
- Learn beginner baking tips
- Learn beginner meal-making
- Learn to prepare foods such as potatoes, vegetables, pudding, fondue, macaroni and cheese, sloppy joes, chicken nuggets, bar cookies and brownies, and upside down cake

Exhibit Ideas
- Bar cookies and brownies
- Cakes – single layer, upside down cake, coffee cake

Level C – Amazing Rays (563)
- Learn how to shield, defrost and brown
- Learn to store and reheat leftovers
- Learn to prepare foods such as chili, pork chops, chicken, meatloaf, lasagna, candy, cake, fruit crisps, vegetables, soup, and spaghetti

Exhibit Ideas
- Fruit crisp
- Candy – fudge, peanut brittle, toffee
- Coffee cake

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Level D – Presto Meals (564)

- Learn to use probes and microwave thermometers
- Learn to adapt recipes for the microwave
- Learn to cook for large groups
- Learn to comparison shop
- Understand the benefits of microwave cooking
- Learn to plan a menu
- Learn to prepare foods such as chicken, cakes, jelly and jam, pie, quiche, tarts, casseroles and meals

Exhibit Ideas

- Fruit Chips
- Pie Crust
- Jam/jelly
- Cake

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