

Healthy Living

MICROWAVE FOODS

(cont.)

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Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
Amazing Rays Microwave Magic C; Grades 7-9 Youth Materials: <ul style="list-style-type: none"> National 4-H Curriculum <i>Amazing Rays Level C Member Manual</i> (#08089) <i>4-H Involvement Report</i> (#91910) <i>4-H Project Record Book</i> (#91950) Volunteer Materials: <ul style="list-style-type: none"> National 4-H Curriculum <i>Microwave Magic - Project Helper Guide</i> (#08091) 	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> Complete six activities from each of the four "bite" categories (6 activities each year). Finish all activities within 2 years to pass level C. Complete manual for activities for activities selected. Have your project helper date (month and day) each activity when it is finished. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Exhibit Project <p>Complete the following:</p> <ul style="list-style-type: none"> <i>4-H Involvement Report</i> (#91910) <i>4-H Project Record Book</i> (#91950) 	<ul style="list-style-type: none"> 4-H Project Record Book (#91950) 4-H Involvement Report (#91910) A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"x6" recipe card. <p>OR</p> <ul style="list-style-type: none"> A poster (14"x22") or display illustrating what you learned in this project this year. <p>Note: Foods such as candy and coffee cake display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
County Requirements: Check with your County Extension office for more information.		
Support Materials: To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/all-microwave-magic.aspx		