

# Healthy Living

## MICROWAVE FOODS

### (cont.)

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Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
<b>Presto Meals</b> <b>Microwave Magic D;</b> <b>Grades 10-12</b>  <b>Youth Materials:</b> <ul style="list-style-type: none"> <li><b>National 4-H Curriculum</b> <i>Presto Meals Level D Member Manual</i> (#08090)</li> <li><i>4-H Involvement Report</i> (#91910)</li> <li><i>4-H Project Record Book</i> (#91950)</li> </ul> <b>Volunteer Materials:</b> <ul style="list-style-type: none"> <li><b>National 4-H Curriculum</b> <i>Microwave Magic - Project Helper Guide</i> (#08091)</li> </ul>	<p>In the member's current Manual:</p> <ul style="list-style-type: none"> <li>Complete six activities from each of the four "bite" categories (6 activities each year). Finish all activities within 2 years to pass level D.</li> <li>Complete manual for activities for activities selected.</li> <li>Have your project helper date (month and day) each activity when it is finished.</li> <li>Give an oral presentation (speech, demonstration or illustrated talk) related to this project</li> <li>Exhibit Project</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li><i>4-H Involvement Report</i> (#91910)</li> <li><i>4-H Project Record Book</i> (#91950)</li> </ul>	<ul style="list-style-type: none"> <li>4-H Project Record Book (#91950)</li> <li>4-H Involvement Report (#91910)</li> <li>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.</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>A poster (14"x22") or display illustrating what you learned in this project this year.</li> </ul> <p><b>Note:</b> Foods such as cake, toasted nuts, and jam or jelly 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>
<b>County Requirements:</b> Check with your County Extension office for more information.		
<b>Support Materials:</b> To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/all-microwave-magic.aspx">http://www.4-hmall.org/Category/all-microwave-magic.aspx</a>		