

# Microwave Introduction

## Summary

The students will learn the principles of microwave cooking and how to use and care for it properly while preparing foods.

## Main Core Tie

Food And Nutrition I

[Strand 2 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts made for the following:

Microwave Cooking Pretest

An Introduction to Microwave Cooking

Microwave Crossword Puzzle

Ingredients for Demonstration of Sticky Buns:

1 cup brown sugar

1 sq. butter

3/4 teaspoon cinnamon

3 cans refrigerator biscuits

1 cup dry measuring cup

1/2 teaspoon

1/4 teaspoon

glass bowl

large spoon

metal spatula

microwave bundt pan

rubber spatula

plate

pot holders

napkins

microwave oven

Lab:

1 pkg. per unit of microwave popcorn to prepare in group.

Video:

Zap It! Microwave Safety #19196, \$89.00, Learning Seed, 23 minutes.

## Background for Teachers

The teacher needs to be familiar with the microwave oven: how to use and operate it, adjust the power level, clean it, and know the basic parts to explain to students. Refer to the Use and Care Manual of Microwave Oven.

For experience, prepare Sticky Buns prior to the demonstration.

### Student Prior Knowledge

Know how to operate and care for a microwave oven in the preparation of a food item.

### Intended Learning Outcomes

The student will practice the basic principles of operating, caring for, and cooking in a microwave oven.

### Instructional Procedures

Hand a pretest out to the students to see what they really know about the microwave oven. Give them about five minutes to answer the true and false statements. After they have taken the pretest, tell them all of the answers are FALSE. Since most of the students missed one or more of the answers, tell them you are going to talk about the microwave oven.

Show the students the video, "Zap It! Microwave Safety" by Learning Seed. It will take 23 minutes. Go over the Introduction to Microwave Cooking handout and lecture on the Microwave. Review the basic parts of the microwaves in the lab, how to use and operate, adjust power level, cleaning, etc. Demonstrate for the students Sticky Buns as you teach them how to use and operate the microwave. Review the main ideas or concepts you want them to know. Let the students sample the Sticky Buns when they are ready to eat.

Explain how to prepare microwave popcorn and let each unit prepare their own package of microwave popcorn in their own group. Go over how to use the popcorn button on the microwave, if one is available. While the students are eating their popcorn, hand out the Microwave Crossword Puzzle for review to be corrected next time. Be sure the students clean up their unit before leaving.

### Authors

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