

Microwave Lab

Summary

The students will review the operation, use and care of the microwave by preparing a complete meal in the microwave.

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:

Microwave quiz

Microwave Potato Lab

Ingredients needed for each unit to prepare lab:

1 potato per person

1 bunch of broccoli

2 tbs. butter

2 tbs. flour

dash pepper

1 cup milk

1 cup grated cheese

sour cream, optional

bacon bits, optional

Microwave oven

Background for Teachers

Make sure the microwave ovens are plugged into their own outlet and wired accordingly to prevent blowing any fuses as several will be operating at length during lab.

Plan for lab and know how to use and operate the microwave oven.

Student Prior Knowledge

Knowledge of operating, use and care of microwave oven in the preparation of foods

Intended Learning Outcomes

The student will demonstrate the basic principles of cooking, operating, use and care of the microwave in the preparation of food.

Instructional Procedures

Since this is a two day lab, correct the Microwave Crossword Puzzle.

Hand out the quiz and allow enough time for the students to match-by identifying the correct reason

by making the statement correct in each of the twelve cooking microwave concepts. Correct quiz. Read and explain the Microwave Potato Lab. Ingredients should be available on supply table for students to complete lab.

Allow enough time for the students to prepare, eat and clean-up before leaving.

Authors

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