



**SYNERGISTIC  
SYSTEMS**

A DIVISION OF PITSCO, INC.

# PARENT BRIEFING

## Module

### Microwave Cooking & Nutrition

- Apply appropriate measuring techniques throughout the preparation of various microwave dishes.
- Identify the major food groups found in the food pyramid and list the recommended number of servings for each group.
- Experience the advantages of microwave cooking versus conventional cooking.

## Session Focus

- 1 Microwave Experiments
- 2 Microwave Country Breakfast, Cleaning the Microwave
- 3 Baked Apple Dessert
- 4 Twice-Baked Potato
- 5 Food Pyramid
- 6 Gobbler Sandwich
- 7 Food Evaluation

### Dear Parent,

As parents and teachers, we realize it can be hard to get a child to discuss what he or she is learning in school. We hope the information provided on this page will assist you in communicating with your child about what he or she is learning.

For the next few days, your child will be learning about microwave cooking and how microwaves work and will prepare several dishes using the microwave oven while completing the *Microwave Cooking & Nutrition* Module. As your child's best teacher, your participation in the learning process is extremely important.

### Words students will learn in this Module include:

- microwaves
- arcing
- nutrients
- standing time
- casserole
- MyPyramid
- calorie
- nutrition
- absorption
- reflection
- discretionary calories
- refined grains

Student: \_\_\_\_\_ Parent: \_\_\_\_\_

### Questions for discussion

During the course of this Module, your child will be assessed on key concepts and activities. You might want to discuss these concepts with your child.

### He or she will be asked to:

- Explain how he or she determined that the eggs used were fresh. *(The freshness of the eggs was determined by smell.)*
- Explain why it is important to wash his or her hands before cooking. *(Washing his or her hands removes dirt, germs, and other debris.)*
- Give two examples from each food group on the pyramid. *(Grains -- bread, pasta; Vegetables -- green beans, carrots; Fruits -- apples, oranges; Oils -- olive oil, corn oil; Milk -- yogurt, cheese; Meat & beans -- beef, eggs, navy beans)*

