# Modern World

# Participant Guide

## Part III

**Handout #1: Tips for Successful Microwave Cooking Techniques**

Anyone who has ever cooked conventionally is probably already familiar with many of the techniques of microwave cooking. Because standard recipes are used to develop microwave variations, the techniques are really much the same. All of the techniques are used in microwave cooking either speed up the cooking or equalize the microwave energy that penetrates the food to help it cook more evenly.

Covering: Covering helps food cook faster because it holds stream within the cookware. Covering also prevents spattering and helps to tenderize foods.

Stirring: Stirring helps to redistribute heat from the outside of the dish to the inside so that the food cooks more evenly.

Rearranging: With dishes that can't be stirred, moving or rearranging food from the outside of the dish to the center helps to redistribute heat and promote more even cooking.

Rotating: Foods that can neither be stirred nor rearranged can be rotated ¼ to ½ turn periodically during the cooking time to promote even cooking.

Turning Over: The "tops" of large foods are closer to the top of the oven and therefore tend to cook faster than the bottom. Turing large foods over during cooking helps the food to cook evenly throughout.

Arranging in a Circle: When more than one food is being cooked, arrange the foods in a circle so that the center of the cookware is empty. Foods placed in the center will not cook as quickly as those that are placed toward the outside.

Piercing: Some foods, particularly egg yolks or whole potatoes, must be pierced to prevent steam pressure from building up. Piercing the pouches of frozen entrees or vegetables is also recommended.

Elevating: All foods, even a cup of coffee, will heat more efficiently if raised off the oven floor by a turned over glass dish or a cooking shelf. The center of the oven permits a more uniform absorption of energy into the food.

**Handout #2: Tips for Successful Microwave Cooking Worksheet**

Write ONE sentence explaining how a microwave works. 1_____

Write the THREE benefits of covering foods in the microwave.
1_____

2_____

3_____

What TWO features keep microwaves from having energy escaping?
1_____

2_____

What FOUR food types are recommended to be pierced before cooking?
1_____
2_____
3_____
4._____

Why should they be pierced?
_____

What are the FIVE precautions of microwaving?
1_____
2_____
3_____
4._____
5._____

Which one do you think is the most important? Why?
_____

What are SIX benefits to microwaving food?
1_____
2_____
3_____
4._____
5._____
6._____

What SEVEN things do not microwave well?
1_____
2_____

3_____
4._____
5._____
6._____
7._____

What are the reasons they don't microwave well?

What are the EIGHT techniques for better microwave cooking? Rank them in order of importance (1 is most important to 8 being least important).
1_____
2_____
3_____
4._____
5._____
6._____
7._____
8._____

What are the reasons they don't microwave well?

**Handout #3-Making a Venn Diagram for Debit and Credit Card Use**
**Part A**

Read the following statements about debit and credit cards. Based on what you learned in the group, decide if the statement applies to a debit card, to a credit card, or to both cards. Put an X in the appropriate column. Then decide if the statement is a cost (disadvantage) or a benefit (advantage) when using that card. Use a (-) for costs and a (+) for benefits.

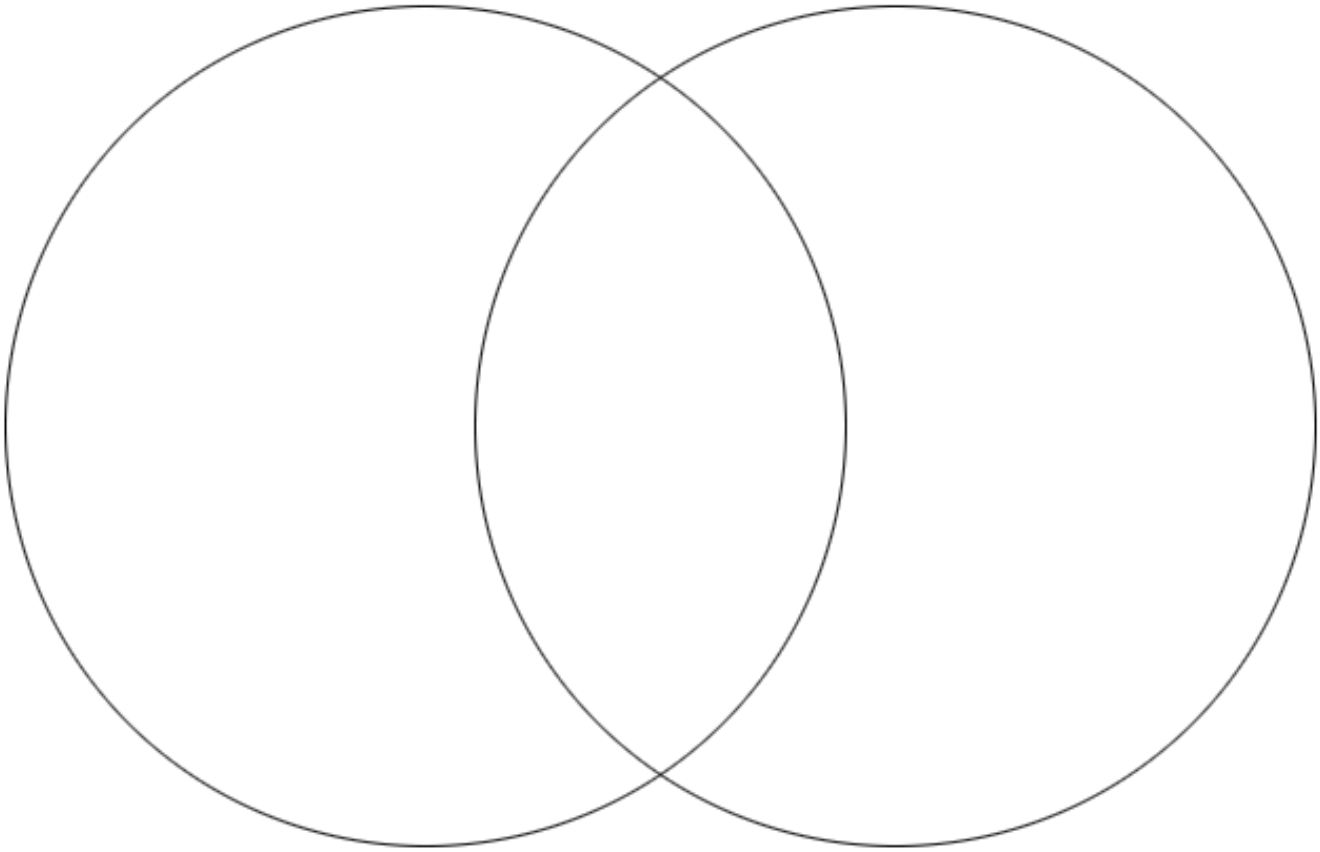
| Statement | Debit Card | Credit Card | Both | Cost/Benefit |
|---|---|---|---|---|
| Money is borrowed and repaid at a later date. | | | | |
| Money is automatically taken out of a checking or savings account. | | | | |
| Great for emergency situations. | | | | |
| Card declined if not enough money in account. | | | | |
| Has extra perks. | | | | |
| May pay interest. | | | | |
| May receive cash from ATM | | | | |
| Convenient. | | | | |
| Secure. | | | | |
| May pay late fees | | | | |
| No interest. | | | | |
| Replaces cash. | | | | |
| Affects credit score. | | | | |
| Has fraud protection. | | | | |
| May cause unnecessary debt. | | | | |

Source: http://econisok.org/wp-content/uploads/2015/04/MS-Lesson-5-Debt-Cards-vs.-Credit-Cards.pdf

**Handout #3-Making a Venn Diagram for Debit and Credit Card Use**
**Part B**

After completing the table in Part A, use that information to create a Venn diagram below. If the statement describes a credit card, write the statement in the left circle. If the statement describes a debit card, write the statement in the right circle. If the statement describes both a debit card and credit card, write the statement in the overlap between the two circles. If the statement is a benefit, draw a line under the statement. If the statement is a cost, circle the statement.

Debit Card Credit Card



Source: http://econisok.org/wp-content/uploads/2015/04/MS-Lesson-5-Debt-Cards-vs.-Credit-Cards.pdf

**Handout #3-Making a Venn Diagram for Debit and Credit Card Use**
**Part A-Answers**

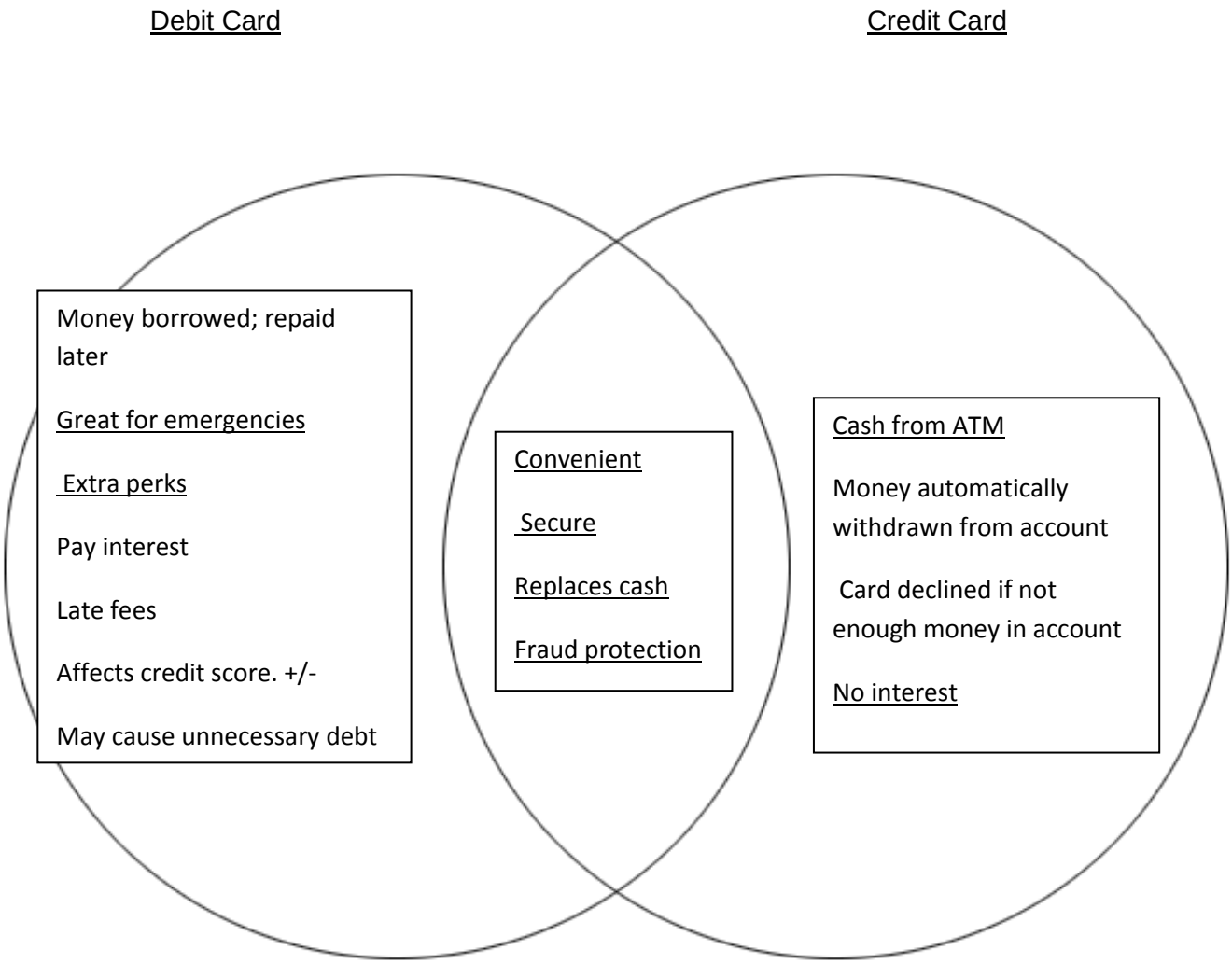
Read the following statements about debit and credit cards. Based on what you learned in the group, decide if the statement applies to a debit card, to a credit card, or to both cards. Put an X in the appropriate column. Then decide if the statement is a cost (disadvantage) or a benefit (advantage) when using that card. Use a (-) for costs and a (+) for benefits.

| Statement | Debit Card | Credit Card | Both | Cost/Benefit |
|---|---|---|---|---|
| Money is borrowed and repaid at a later date. | | X | | N/A |
| Money is automatically taken out of a checking or savings account. | X | | | N/A |
| Great for emergency situations. | | X | | + |
| Card declined if not enough money in account. | X | | | - |
| Has extra perks. | | X | | + |
| May pay interest. | | X | | - |
| May receive cash from ATM | X | | | + |
| Convenient. | | | X | + |
| Secure. | | | X | + |
| May pay late fees | | X | | - |
| No interest. | X | | | + |
| Replaces cash. | | | X | + |
| Affects credit score. | | X | | +/- |
| Has fraud protection. | | | X | + |
| May cause unnecessary debt. | | X | | - |

Source: http://econisok.org/wp-content/uploads/2015/04/MS-Lesson-5-Debt-Cards-vs.-Credit-Cards.pdf

## Part B-Answers

After completing the table in Part A, use that information to create a Venn diagram below. If the statement describes a credit card, write the statement in the left circle. If the statement describes a debit card, write the statement in the right circle. If the statement describes both a debit card and credit card, write the statement in the overlap between the two circles. If the statement is a benefit, draw a line under the statement. If the statement is a cost, circle the statement.



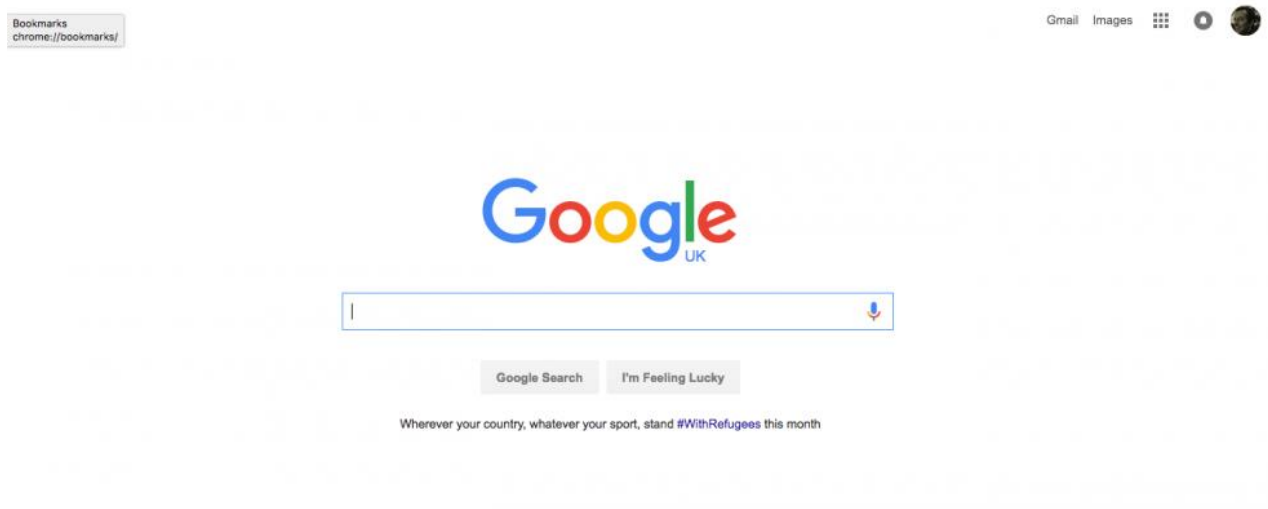

Note: Answers underlined in this key are benefits; answers not underlined are costs.

Source: http://econisok.org/wp-content/uploads/2015/04/MS-Lesson-5-Debt-Cards-vs.-Credit-Cards.pdf

**Handout #4-Steps to Setting up an Email Address**

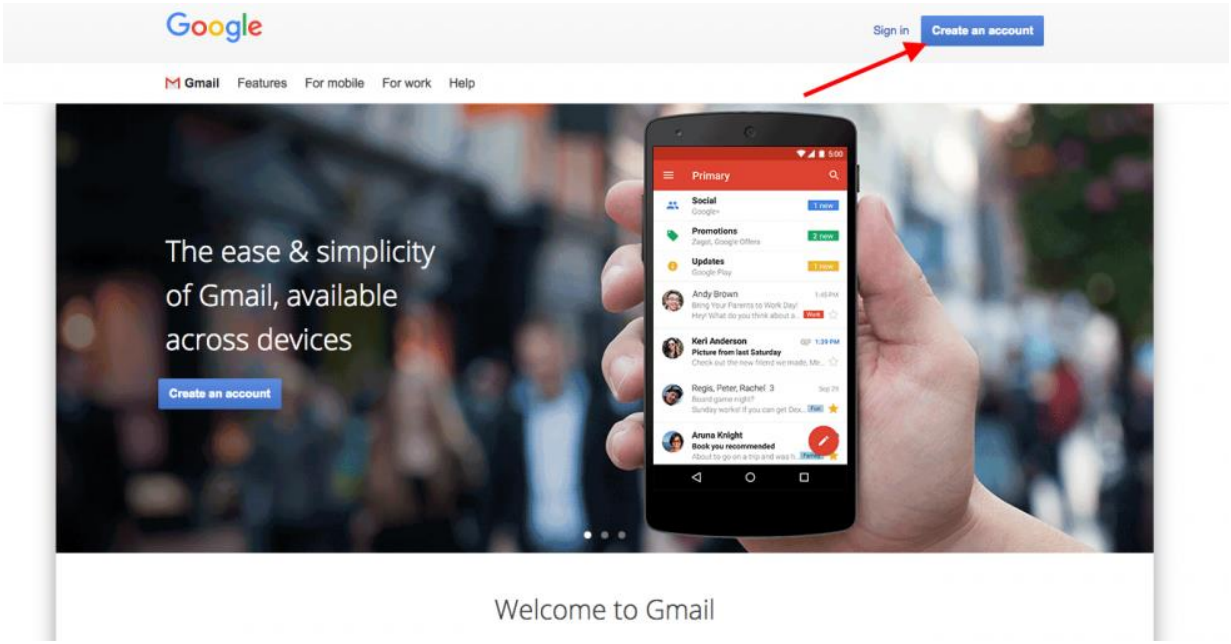
**Step 1: Go to Google**

Open up your internet browser and go to the Google home page: http://www.google.co.uk and then click on Gmail at the top right corner of the page



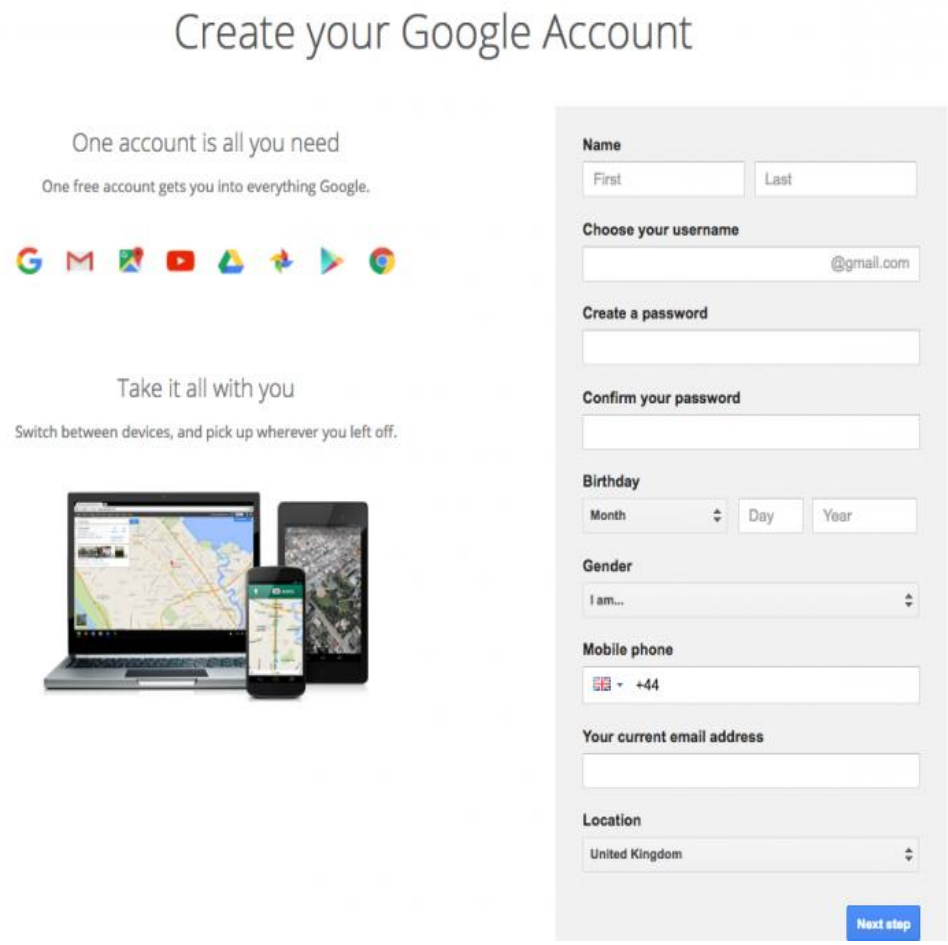

**Step 2: Create an account**

You'll now be in the 'Sign in' section. As you don't have a Google account yet, you need to create one. Click **Create an account**.



**Step 4: Set-up**

To set up your new account, Google needs some information about you – first, your first and last names. The ‘choose your username’ is the unique email address that you wish to use, which will be placed before ‘@gmail.com’. Because it needs to be unique, Google may have to check the availability of any name that you decide on to make sure that no one already has it. Type an email name into the ‘choose your username’ box and then fill out the rest of your information.

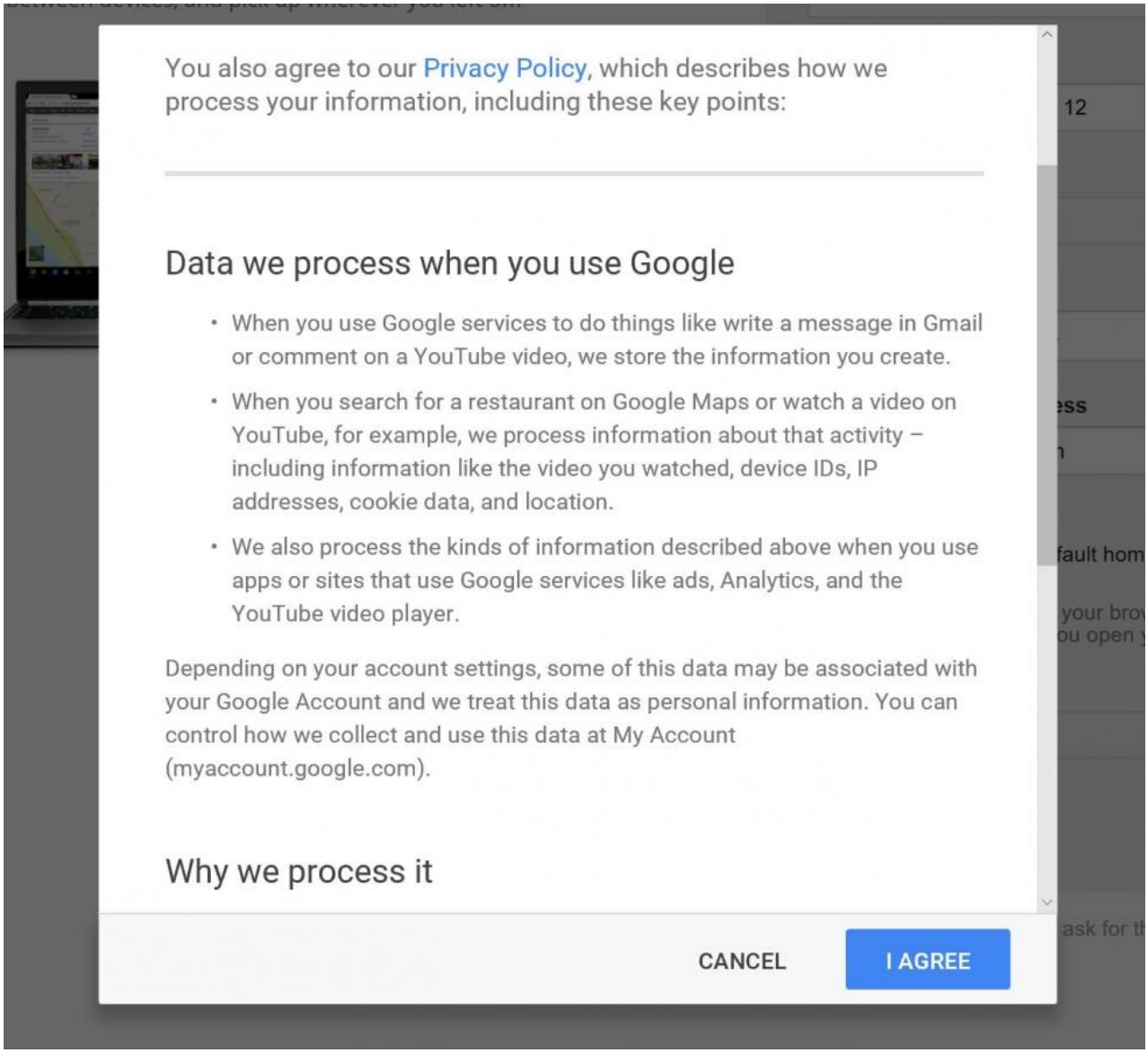



If the email name that you requested in is not available, you’ll get a message saying that somebody already has that username and offering you some alternatives. You can decide to accept one of the alternatives or type in another name and check its availability once more. You will have to complete some of the other boxes again. You may have to do this a few times. Once you finalize your email address, it’s a good idea to make a note of it so that you can refer to it until you remember it.

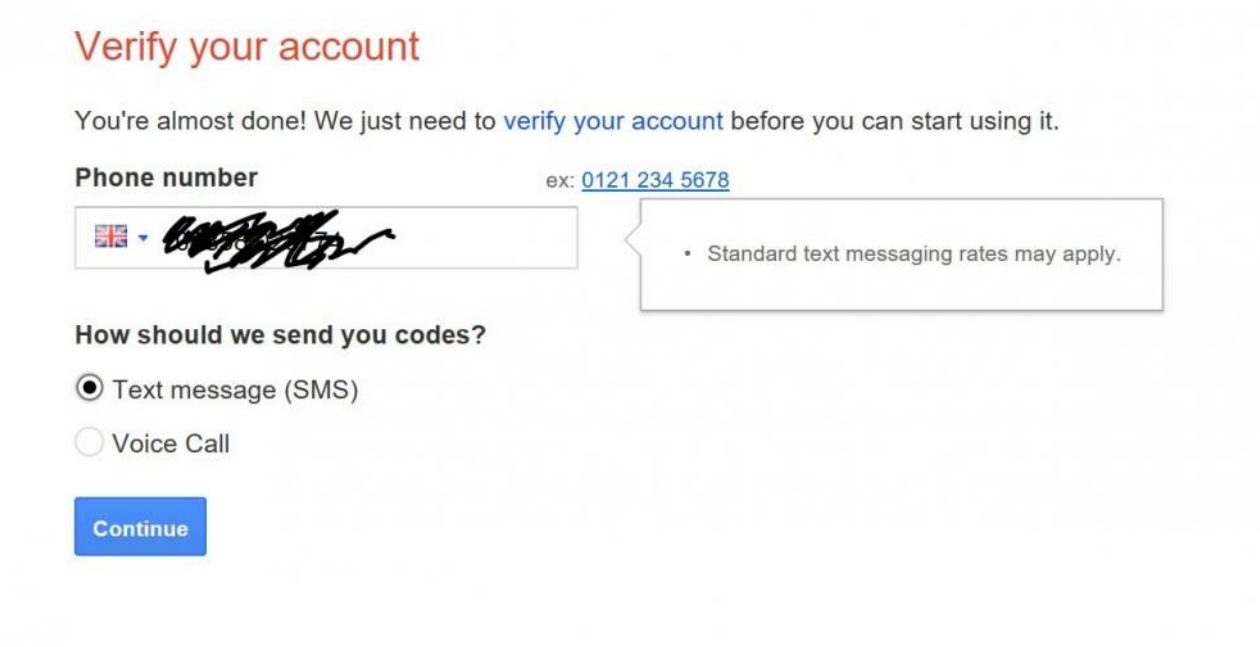
You'll need to come up with a password so that you can log in securely to your account. Google may explain that you should try one with at least 8 characters long to be secure. Use letters and numbers to make the password more secure and difficult to guess. You can add an existing email address to keep your new email secure as well.

**Step 5: verification**

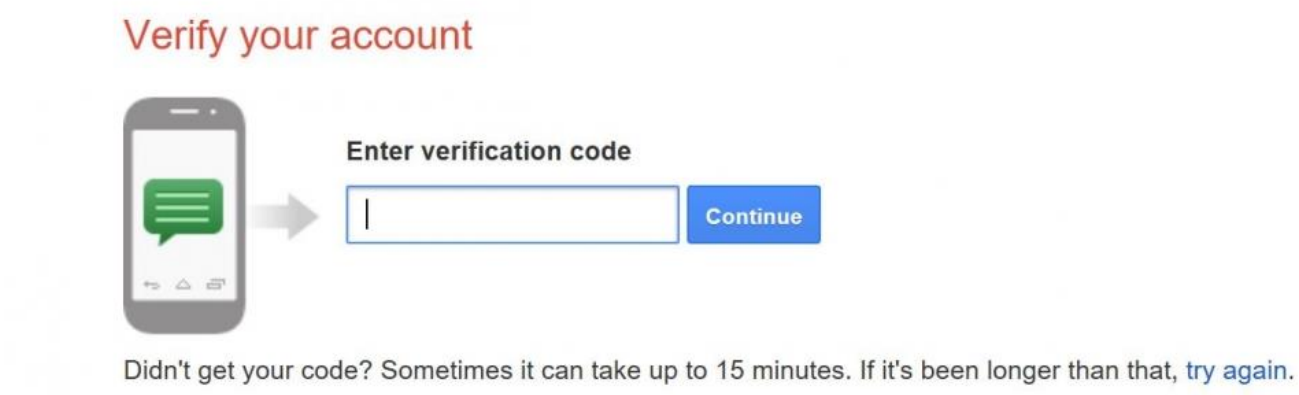
To get to the next steps you will need to Accept Google's privacy and terms first, once you have read it **click on I Agree.**



Google will now ask you to verify your account via text or voice call, select the option that you want and **click on Continue.**

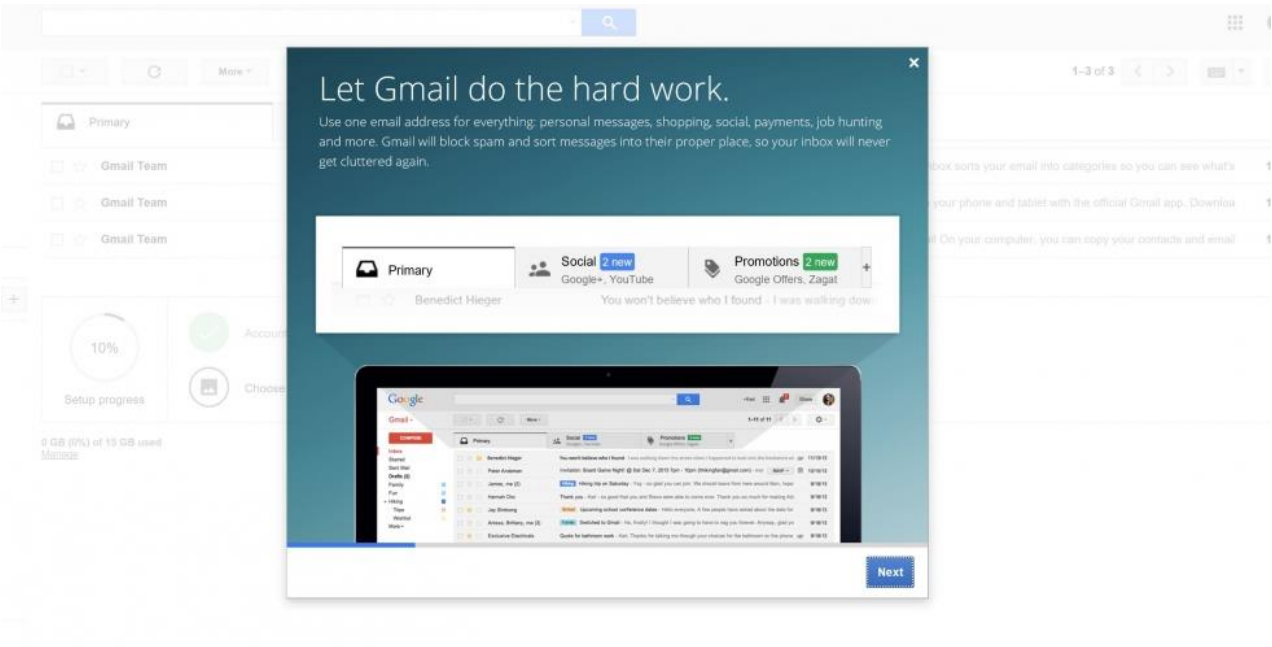



If you chose the text message option you will see a new window where you will have to enter the code that Google has sent to your mobile number. Select **Continue** and congratulations you have created your Gmail account.




**Step 6: Google mail dashboard**

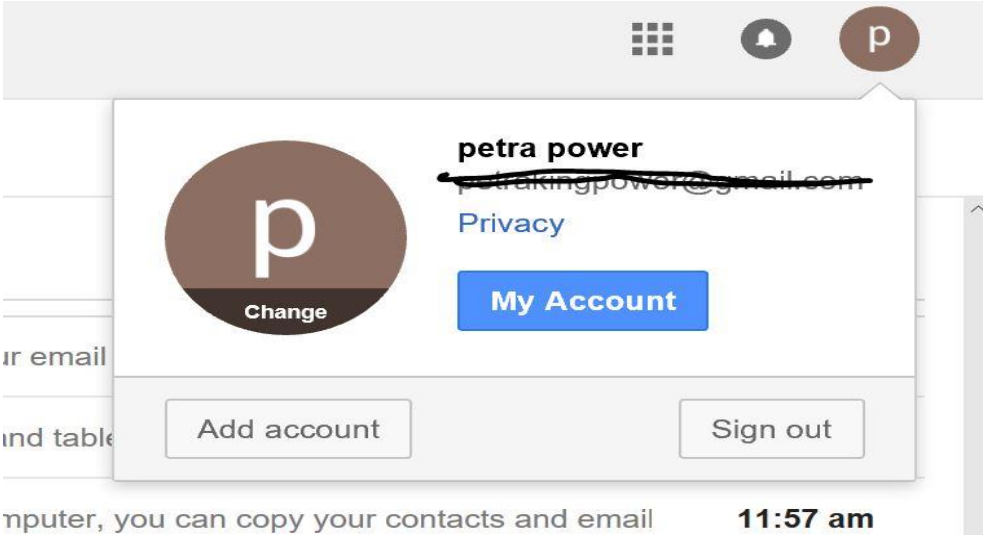
You will be automatically redirected to Gmail's dashboard and once you have read all of the information your Gmail is now ready to use. On the left hand side you will be able to see your inbox, sent mail and trash; you will also be able to compose emails from this list too



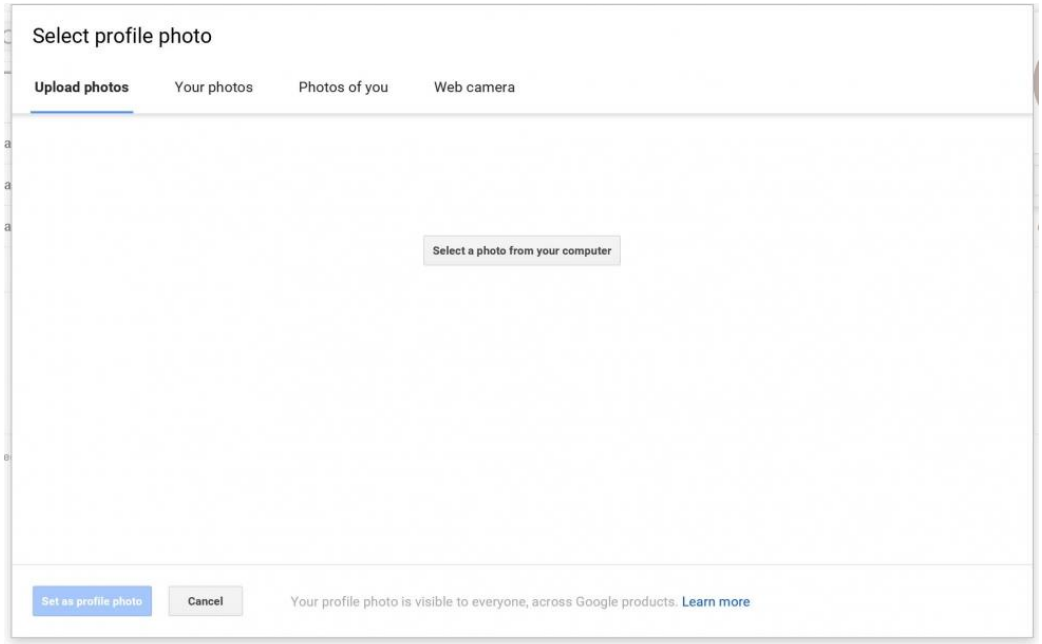

**Step 7: Creating a profile picture**

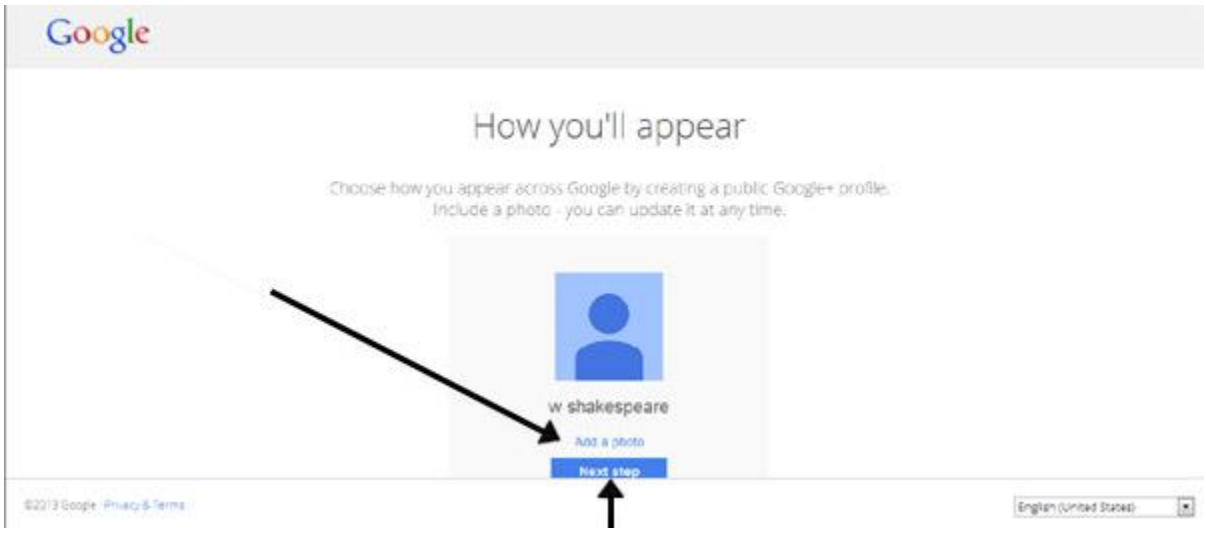
You will now have set up your account. You can go straight to your inbox and get started, or you can set up a photo to show as your profile picture. To set up your profile picture click

on the profile icon on the top right hand corner of the page and click **Change.**



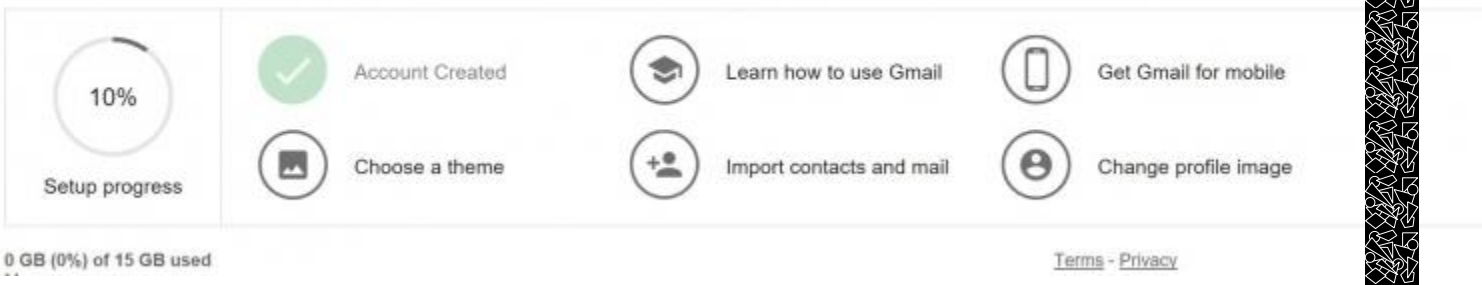
Then, you can upload a photo saved to your computer. Once you are happy with the picture you have chosen then select **Set as profile picture.** You can change this at any time by going back into your profile picture settings.



**Step 8: Completing your setup**

You can complete your Google mail setup by clicking the available resources on the dashboard.




Your email setup is complete!