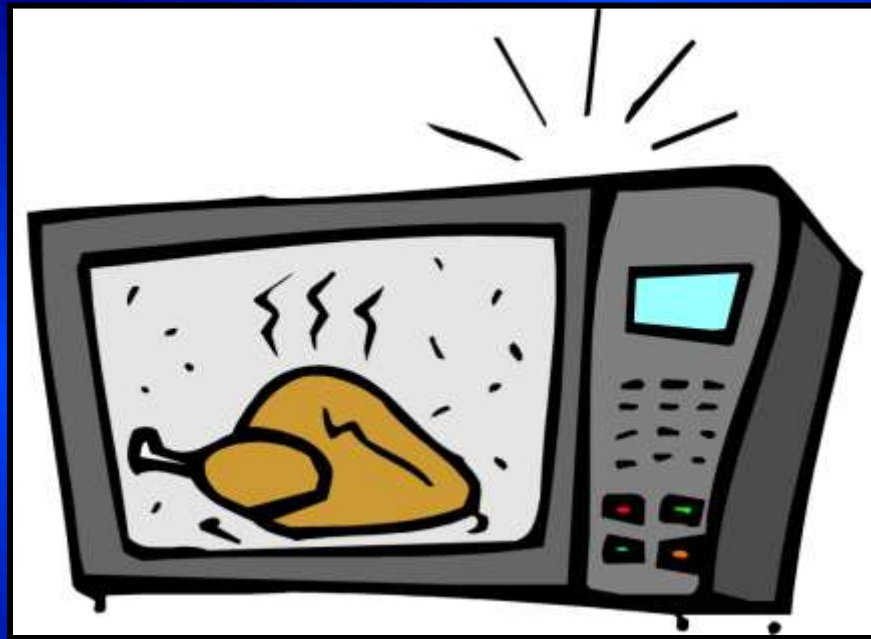


Microwave Cooking



1. Microwaves are **ATTRACTED** to:

a. Sugar



b. Fat



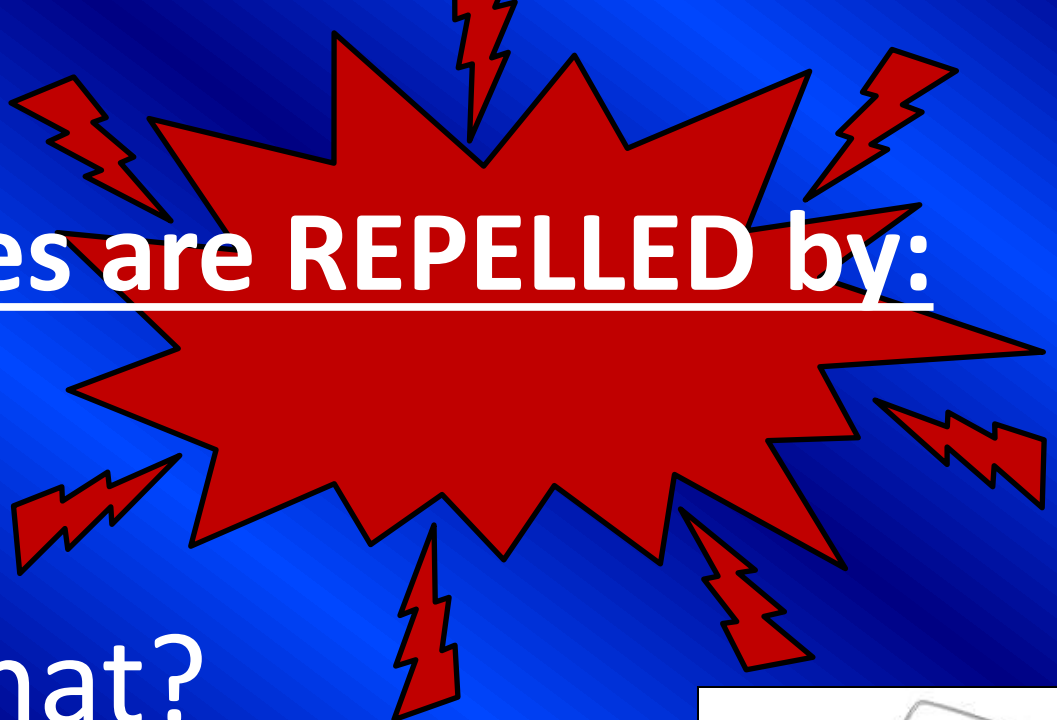
c. Water



2. Microwaves are REPELLED by:

a. Metal

Like What?





3. What materials or containers are microwave SAFE?

a. Glass



b. Paper



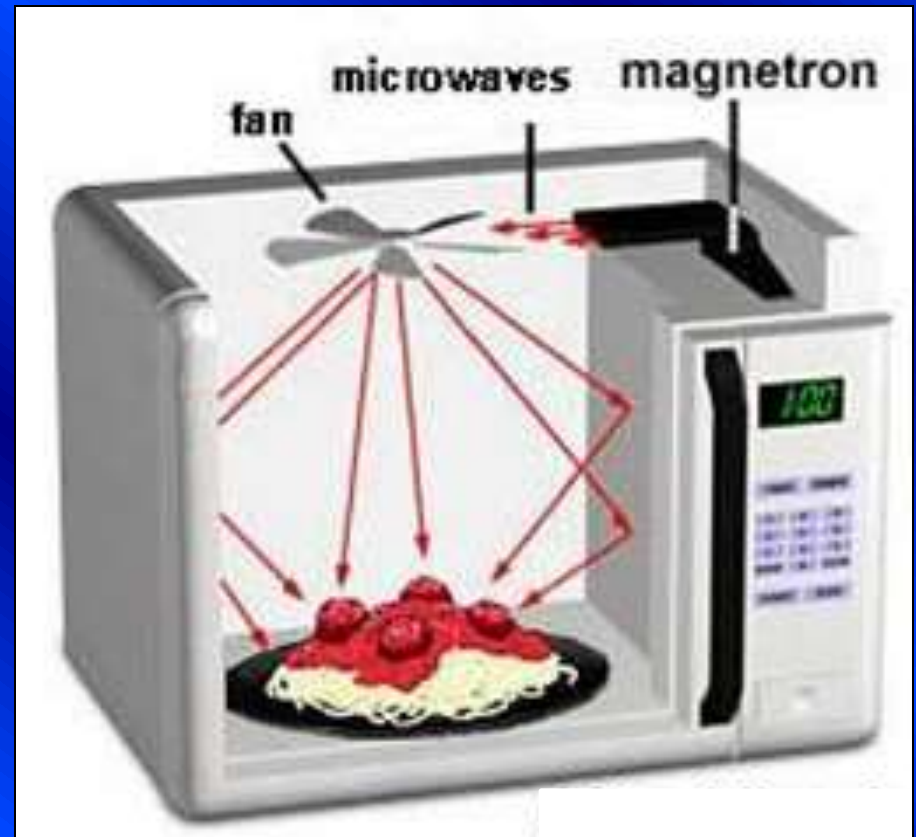
c. Plastic

(Heat Tempered!)



4. What part of the microwave oven generates the microwaves?

The Magnetron!



5. Which container cooks more evenly...

ROUND

or

SQUARE



Why?!?

Because it allows the microwaves to enter the food from as many sides as possible. They won't "bounce off" the corners.

6. WHAT is standing time and WHY is it important?

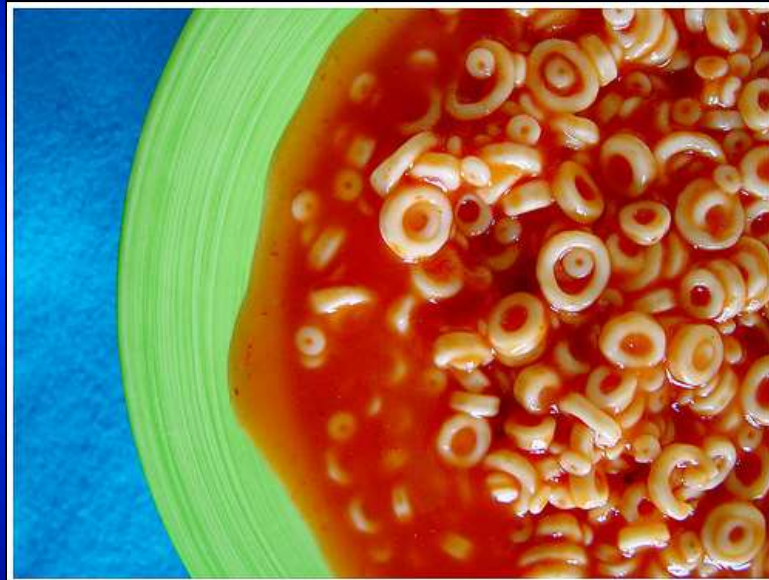
WHAT: The amount of time food is allowed to sit AFTER microwave cooking in order to finish the cooking process.

WHY: If you don't allow for standing time, you will overcook your food.

7. Why should you stir or rotate food when microwave cooking?

It helps the food cook more evenly by redistributing the heat.

(Foods cooked in the microwave will cook from the edges in.)



8. What part of the microwave will rotate the food WHILE it is cooking?

A Turntable



9. Why is it best to cover most foods when microwave cooking?

- a. It holds in steam to shorten cooking time
- b. Keeps food moist
- c. Keeps foods from splattering



10. Why do foods NOT brown in the microwave?

Because there is no dry heat to pull the moisture away from the food.



VS.



11. How can you prevent burns when microwave cooking?

- a. Use hot pads or oven mitts
- b. Lift steamy lids away from you
- c. Use only microwave safe dishes