Advantages and Disadvantages of Microwave Cooking

Some of the advantages of microwave cooking are listed below. Put a check next to the advantages that seem most important to you.

Advantages

SHORTER COOKING TIME
- ☐ Meals can be cooked quickly.
- ☐ Less energy is used.

HEALTH BENEFITS
- ☐ Shorter cooking means fewer vitamins are lost during cooking.
- ☐Less fat and butter are needed for cooking.

COOKING DISHES ARE SERVING DISHES
- ☐ Food stays warmer because it does not have to be put into a cold serving dish.
- ☐ No messy cooking pots and pans to clean.

SPECIAL FEATURES
- ☐ Frozen foods can be defrosted quickly.
- ☐ A plate of food can easily be reheated.
- ☐ Stores sell many prepared foods especially for the microwave oven.

Disadvantages

MICROWAVE COOKING ALSO HAS SOME DISADVANTAGES
- ☐ Some things do not cook well in a microwave oven.
- ☐ People using a microwave oven need to learn some new ways to cook.

Do you like cooking in a microwave oven? _____ Why or why not?