

## 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 time 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?

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