

Conventional Cooking and Microwave Cooking

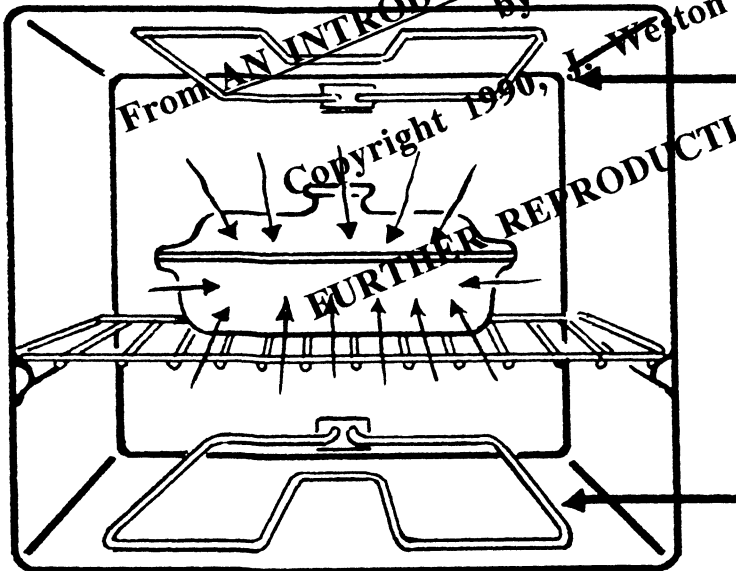
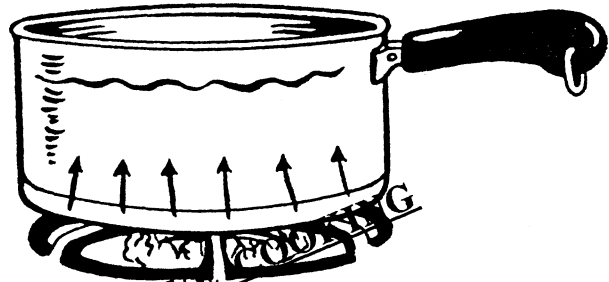
Stove-Top Cooking

The burner is heated.

Heat is transferred to the pan.

The bottom of the food is cooked.

Stirring moves food at the top of the pan to the bottom where it can cook.



Conventional Oven

Elements at top and bottom of oven are heated.

Elements heat the air.

Heated air cooks the surfaces of the food.

By conduction, heat moves toward the center of the food.

Microwave Oven

Microwaves go $\frac{3}{4}$ to $1\frac{1}{2}$ inches into the food.

Microwaves cause food molecules to vibrate.

The vibration causes friction, which creates heat that cooks the food.

Heat moves by conduction to the rest of the food and cooks it.

