

Microwave Cooking Final Test

1. What do the following terms mean in microwave cooking? (5 points each)

a. Rearrange: _____

b. Power Level: _____

c. Conduction: _____

d. Standing Time: _____

2. Answer the questions. (10 points each)

a. What are some advantages of using a microwave oven?

b. Many foods cooked in a microwave oven do not have time to brown. List some things that you can do to make these foods look more attractive:

3. Decide if each of the following statements is true or false. Write a T for true or an F for false. (2 points each)

- _____ a. Dishes holding food stay cool in a microwave oven.
- _____ b. Metal containers should not be used in a microwave oven.
- _____ c. Food in a microwave should be turned and stirred to be sure it cooks evenly.
- _____ d. Microwaves go into food about $\frac{3}{4}$ to $1\frac{1}{2}$ inches.
- _____ e. Cover dishes tightly with plastic wrap to keep the steam in.
- _____ f. Food should be eaten immediately when it comes out of the microwave oven so it will still be warm.
- _____ g. Cooking larger amounts of food takes longer than cooking smaller amounts of food.
- _____ h. Pierce potatoes with a fork before cooking in a microwave.
- _____ i. Defrost foods at a low power level.
- _____ j. All foods can be cooked successfully in a microwave oven.

4. You are making spaghetti with meatballs for dinner. You have half a pound of hamburger, a can of spaghetti sauce, and a package of uncooked spaghetti. Describe the steps you will take to fix dinner and any other ingredients you will use. Mention the microwave oven and any other equipment you need. Use the back of this paper to answer this question. (40 points)

Microwave Cooking Final Test

1. What do the following terms mean in microwave cooking? (5 points each)

- a. Rearrange: Move foods around in microwave so they will cook evenly
- b. Power Level: Percentages of power being used to cook - low, medium, & high are av
- c. Conduction: Microwaves only penetrate food 3/4" to 1 1/2". Food cooks by conductio
- d. Standing Time: Let food set after oven is off to finish cooking

2. Answer the questions. (10 points each)

- a. What are some advantages of using a microwave oven? Use serving dish for cooking. Vitamins kept in food. Less need for butter and margarine. Uses less energy. faster. Can use Easy reheat.

- b. Many foods cooked in a microwave oven do not have time to brown. List some things that you can do to make these foods look more attractive:

Top w/barbecue sauce, chopped nuts, cinnamon and sugar, coconut, crushed patato chips, onion soup mix, frosting, paprika, parsley, powdered sugar, taco seasoning, teriyaki sauce, etc.

3. Decide if each of the following statements is true or false. Write a T for true or an F for false. (2 points each)

- F a. Dishes holding food stay cool in a microwave oven.
- T b. Metal containers should not be used in a microwave oven.
- T c. Food in a microwave should be turned and stirred to be sure it cooks evenly.
- T d. Microwaves go into food about 3/4 to 1 1/2 inches.
- F e. Cover dishes tightly with plastic wrap to keep the steam in.
- F f. Food should be eaten immediately when it comes out of the microwave oven so it will still be warm.
- T g. Cooking larger amounts of food takes longer than cooking smaller amounts of food.
- T h. Pierce potatoes with a fork before cooking in a microwave.
- T i. Defrost foods at a low power level.
- F j. All foods can be cooked successfully in a microwave oven.

4. You are making spaghetti with meatballs for dinner. You have half a pound of hamburger, a can of spaghetti sauce, and a package of uncooked spaghetti. Describe the steps you will take to fix dinner and any other ingredients you will use. Mention the microwave oven and any other equipment you need. Use the back of this paper to answer this question. (40 points)