Microwave Cooking Pretest

Read each statement about microwave cooking. Decide if each statement is true or false. Write a T for each true statement and an F for each false statement.

1. Dishes holding food stay cool in a microwave oven.
2. Only containers made especially for microwave ovens can be used for cooking in a microwave oven.
3. Food in a microwave oven cooks very evenly.
4. Stirring food while cooking will disturb the microwave energy.
5. Arrange foods so the thickest parts are toward the center of the dish.
6. Cover dishes tightly with plastic wrap to keep the steam.
7. Cook food thoroughly before removing from the oven.
8. Two dishes of soup take the same time to cook as one dish of soup.
9. Microwaving is a quick way to cook eggs in their shells.
10. Defrosting is the only time to use less than high power.
11. You can do nothing about the final color of foods cooked in a microwave oven.
12. All foods can be cooked successfully in a microwave oven.
13. You do not need to use potholders when cooking with a microwave.
14. Any containers used for regular cooking can be used in a microwave oven.
15. When cooking in a microwave oven, leave the dish in one position the whole cooking time.
16. Microwaves reach to the center of the food.
17. How food is put on the plate is not important with microwave cooking.
18. Do not put paper towels under rolls or bread, because the towels will absorb moisture.
19. Eat food immediately after cooking in a microwave so it will still be warm.
20. If you double the amount of food being cooked in a microwave, triple the cooking time.
21. Washing potatoes is all you need to do before baking them in a microwave oven.
22. All ovens have five different power levels.
23. Microwave foods at 100 percent power to brown them.
24. If you learn to use a microwave oven properly, you will never need a conventional oven or stove top.
An Introduction to Microwave Cooking

Because a microwave oven works like this . . .

1. Microwaves cause molecules in food to vibrate. This creates heat that cooks the food. Heat from the food warms the container that the food is in.

2. Microwaves cannot go through metal, but they do pass through glass, ceramic, plastic, or paper.

3. Energy in a microwave oven can be uneven. Some parts of the oven may have more energy and will cook food faster than other parts.

4. Microwaves penetrate food 1/2 to 7/8 inches. Foods cook from the outside of the dish toward the center.

5. Microwaves bounce off the sides of the oven.

. . . do this when cooking in a microwave oven.

Use potholders to avoid burns. Dishes in a microwave oven do get warm.

Use glass, ceramic, or plastic dishes that are safe in the microwave oven.

Arrange foods while they are cooking. Turn foods several times during the cooking period.

Arrange foods so that the thickest parts are toward the side of the oven.

Plastic wrap, paper towels, and wax paper can be used to cover food and help reduce spatters.

Remove food from the oven before it is totally cooked. Allow food some standing time to finish cooking.

Larger amounts of food will need a longer time to cook.

Pierce foods with a skin (such as egg yolks, potatoes, or sausage) to let steam escape.

The high fat content of cheese attracts microwaves. When heating large quantities of cheese, use less than 100 percent power so that outside edges will not get too hot before the inside is heated.

Use sauces, herbs, or toppings to make pale foods look better.

Use both a microwave oven and a conventional stove for the quickest and most efficient meal preparation.

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