Review of Microwave Cooking Concepts

Twelve microwave cooking concepts are listed below. Why is each concept important? Choose the best reason for each statement. Write the correct letter on the line.

1. Use potholders because . . .
   a. many foods cook so fast, they do not have time to brown.

2. Use glass, ceramic, or plastic dishes instead of metal because . . .
   b. microwaves penetrate only 3/4” to 1 1/2”, cooking food from the outside toward the center.

3. Rearrange foods while they are cooking because . . .
   c. the oven has no heating element that would cause paper or melt plastic.

4. Stir foods while they are cooking because . . .
   d. that in the food will make the container hot.

5. Arrange foods with the thickest parts toward the sides of the oven because . . .
   e. the oven turns on and off, allowing time for the heat level to equalize.

6. Plastic wrap, paper towels, and wax paper can be used in a microwave because . . .
   f. food continues to cook after the oven is off.

7. Allow standing time for food to finish cooking because . . .
   g. a few foods cook as fast or better on a conventional stove.

8. Larger amounts of food need a longer time to cook because . . .
   h. microwaves cannot go through metal.

9. Pierce foods with a skin because . . .
   i. steam can build up otherwise and cause foods to explode.

10. Use less than 100 percent power when defrosting or heating a large quantity of cheese because . . .
   j. microwaves bounce off the sides of the oven.

11. Sauces, herbs, and toppings are sometimes used to make foods look better because . . .
   k. when there is more food, there is less energy for each item to absorb.

12. Use both a microwave oven and a conventional stove because . . .
   l. energy in a microwave oven can be uneven.
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Twelve microwave cooking concepts are listed below. Why is each concept important? Choose the best reason for each statement. Write the correct letter on the line.

1. Use potholders because...
   a. many foods cook so fast, they do not have time to brown.

2. Use glass, ceramic, or plastic dishes instead of metal because...
   b. microwaves penetrate only 1/2 to 11/2”, cooking food from the outside toward the center.

3. Rearrange foods while they are cooking because...
   c. the oven has no heating element that would burn paper or melt plastic.

4. Stir foods while they are cooking because...
   d. heat in the food can make the container hot.

5. Arrange foods with the thickest part toward the sides of the oven because...
   e. the microwave on and off, allowing time for the heat level to equalize.

6. Plastic wrap, paper towels, and wax paper can be used in a microwave oven because...
   f. food continues to cook after the oven is off.

7. Allow standing time for food to finish cooking because...
   g. a few foods cook as fast or better on a conventional stove.

8. Larger amounts of food take a longer time to cook because...
   h. microwaves cannot go through metal.

9. Pierce foods with a skin because...
   i. steam can build up otherwise and cause foods to explode.

10. Use less than 100 percent power when defrosting or heating a large quantity of cheese because...
    j. microwaves bounce off the sides of the oven.

11. Sauces, herbs, and toppings are sometimes used to make foods look better because...
    k. when there is more food, there is less energy for each item to absorb.

12. Use both a microwave oven and a conventional stove because...
    l. energy in a microwave oven can be uneven.