## **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
·	2. Use glass, ceramic, or plastic dishes instead of metal because	b.	time to brown. microwaves penetrate only 34" to 11/2",
	<ol><li>Rearrange foods while they are cooking because</li></ol>		cooking food from the center.
*****	4. Stir foods while they are cooking because	c.	the open has no heating element that would paper or melt plastic.
	5. Arrange foods with the thickest parts toward the sides of the over 10 Jean because	Bunr e.	the open has no heating element that would paper or melt plastic.  the paper or melt plastic.  the open turns on and off, allowing time for the heat level to equalize.  food continues the ook after the oven is off.
	6. Plastic wrap, paper towels, and wax	vest.	food continuer theook after the oven is off.
	paper can be used in a microwave of the paper can be used in a microwave of the paper can be a longer time to cooking because  8. Larger amounts of food read a longer time to cooking because  9. Pierce foods with a skin because	04 <sup>C7</sup>	microwaves cannot go through metal.
-	8. Larger amounts of food read a longer time to cool because	ì.	steam can build up otherwise and cause foods to explode.
	9. Pierce foods with a skin because	j.	microwaves bounce off the sides of the oven.
	10. Use less than 100 percent power when defrosting or heating a large	k.	when there is more food, there is less energy for each item to absorb.
	quantity of cheese because	1.	energy in a microwave oven can be uneven.
	11. Sauces, herbs, and toppings are sometimes used to make foods look better because		
•	12. Use both a microwave oven and a conventional stove because		

Name	(KEY)	
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Date	
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<u>H</u>	<ol><li>Use glass, ceramic, or plastic dishes instead of metal because</li></ol>	b.	time t
<u> </u>	<ol><li>Rearrange foods while they are cooking because</li></ol>		cooki cente
B	<ol><li>Stir foods while they are cooking because</li></ol>	c.	the o
J	<ul><li>because</li><li>5. Arrange foods with the thickest party toward the sides of the over the because</li></ul>	n Bur	the o
C	6. Plastic wrap paper towels, and wax	West	food (
F	paper can be used in a microway.  of the because  7. Allow standing time for food to finish cooking because  8. Larger amounts of food perchalonger time to cook because  9. Pierce foods with a skin because	op <mark>u</mark>	a few micro
<u>K</u>	8. Larger amounts of food need a longer time to cook pecause	i.	steam
<u> </u>	9. Pierce foods with a skin because	}.	micro
<u>E</u>	10. Use less than 100 percent power when defrosting or heating a large	k. l.	when for ea
A	quantity of cheese because  11. Sauces, herbs, and toppings are sometimes used to make foods look better because		2 S
G	12. Use both a microwave oven and a		

conventional stove because . . .

- many foods cook so fast, they do not have time to brown.
- b. microwaves penetrate only to 1½", cooking food from the saide toward the center.
- c. the available no heating element that would paper or melt plastic.

the container hot.

e. the evaluations on and off, allowing time for the heat level to equalize the heat level the heat level to equalize the heat level the

food continuento cook after the oven is off.

g. a few foods cook as fast or better on a

microwaves cannot go through metal.

- i. steam can build up otherwise and cause foods to explode.
- j. microwaves bounce off the sides of the oven.
- k. when there is more food, there is less energy for each item to absorb.
- l. energy in a microwave oven can be uneven.