

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 . . .
- _____ 2. Use glass, ceramic, or plastic dishes instead of metal because . . .
- _____ 3. Rearrange foods while they are cooking because . . .
- _____ 4. Stir foods while they are cooking because . . .
- _____ 5. Arrange foods with the thickest parts toward the sides of the oven because . . .
- _____ 6. Plastic wrap, paper towels, and wax paper can be used in a microwave oven because . . .
- _____ 7. Allow standing time for food to finish cooking because . . .
- _____ 8. Larger amounts of food need a longer time to cook because . . .
- _____ 9. Pierce foods with a skin because . . .
- _____ 10. Use less than 100 percent power when defrosting or heating a large quantity of cheese because . . .
- _____ 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 . . .
- a. many foods cook so fast, they do not have time to brown.
- b. microwaves penetrate only $\frac{3}{4}$ " to $1\frac{1}{2}$ ", cooking food from the outside toward the center.
- c. the oven has no heating element that would burn paper or melt plastic.
- d. heat in the food can make the container hot.
- e. the oven turns on and off, allowing time for the heat level to equalize.
- f. food continues to cook after the oven is off.
- g. a few foods cook as fast or better on a conventional stove.
- h. 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.

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- D 1. Use potholders because . . .
- H 2. Use glass, ceramic, or plastic dishes instead of metal because . . .
- L 3. Rearrange foods while they are cooking because . . .
- B 4. Stir foods while they are cooking because . . .
- J 5. Arrange foods with the thickest parts toward the sides of the oven because . . .
- C 6. Plastic wrap, paper towels, and wax paper can be used in a microwave oven because . . .
- F 7. Allow standing time for food to finish cooking because . . .
- K 8. Larger amounts of food need a longer time to cook because . . .
- I 9. Pierce foods with a skin because . . .
- E 10. Use less than 100 percent power when defrosting or heating a large quantity of cheese because . . .
- A 11. Sauces, herbs, and toppings are sometimes used to make foods look better because . . .
- G 12. Use both a microwave oven and a conventional stove because . . .
- a. many foods cook so fast, they do not have time to brown.
- b. microwaves penetrate only $\frac{3}{8}$ " to $1\frac{1}{2}$ ", cooking food from the outside toward the center.
- c. the oven has no heating element that would burn paper or melt plastic.
- d. heat in the food can make the container hot.
- e. the oven turns on and off, allowing time for the heat level to equalize.
- f. food continues to cook after the oven is off.
- g. a few foods cook as fast or better on a conventional stove.
- h. microwaves cannot go through metal.
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