C:\Users\vveigel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CZOXG7OA\MC900311102[1].wmfMicrowaves

1. Microwaves are attracted to what three things?
2. Microwaves cause molecules to\_\_\_ . Vibration creates\_\_\_\_\_ , which produces the that cooks the food.
3. List 3 Appropriate cooking containers that are safe to use in the microwave:

a.

b.

c.

1. Shallow containers cook more evenly than\_\_\_\_ containers.

1. List 2 reasons for covering food when cooking in the microwave:

1.

2

|  |  |
| --- | --- |
| 1. List 4 things you can use to cover food when cooking in the microwave**:** | |
| a. | c. |
| b. | d. |

1. Stir and for even cooking.
2. Define cooking time:
3. Define standing time:
4. Quantity/Volume of food \_\_\_\_\_ cooking and standing time.
5. Microwave cooking does \_\_\_\_\_ brown foods or give a crisp crust.
6. To prevent burns, use and direct stream from body.
7. Eggs cannot be cooked in their in the microwave.
8. Potatoes should be\_\_\_\_ to prevent in the microwave.