

JUST THE FACTS MICROWAVE OVENS

Name: _____

Hour: _____

WORKSHEET

REVIEW I

Directions: After watching “Just the Facts: Microwave Ovens,” answer the following questions.

1. Describe what a microwave is and give a brief explanation of how it works.
2. Why should you never operate an empty microwave oven?
3. How does a microwave heat and cook food?
4. Why should you use potholders to handle containers of microwaved food?
5. Explain how to vent plastic wrap when covering a dish.
6. How do you start our microwave ovens at school?

REVIEW II

Directions: After viewing the video and through class discussion, fill in the blanks on the following statements.

1. One advantage of microwave cooking is that it saves preparation_____.
2. Microwave ovens create heat through _____ of _____.
3. The microwave oven with the most _____ cooks food the fastest.
4. Cover cookware with _____ wrap to hold moisture in. Be sure to vent one corner.
5. _____ is a period when the food continues to cook after microwaving.
6. Remove the cover after microwaving so the _____ flows away from the face.
7. An example of a food you should pierce before microwaving or they may explode in the oven is_____.

REVIEW III

Directions: After viewing the video and through class discussion, complete the following by writing *do* or *don't* on the line provided.

1. _____ cover food tightly so that steam can't escape. Vent a small area.
2. _____ use dishes labeled "microwave-safe."
3. _____ let food stand in the microwave or on the counter after it is cooked.
4. _____ tilt covers of cooked foods away from you to let steam escape.
5. _____ pierce foods that are encased in a skin like potatoes.
6. _____ put a single plate on the center of the turntable.

JUST THE FACTS MICROWAVE OVENS

TEACHERS **KEY**

REVIEW I

Directions: After watching “Just the Facts: Microwave Ovens,” answer the following questions.

1. Describe what a microwave is and give a brief explanation of how it works.

A microwave uses a form of radiation. It has waves that go out in all different directions.

2. Why should you never operate an empty microwave oven?

The oven may be damaged since there is nothing to absorb the microwaves.

3. How does a microwave heat and cook food?

The microwaves cause the agitation of molecules to vibrate rapidly, producing heat.

4. Why should you use potholders to handle containers of microwaved food?

The microwaved food makes the containers hot.

5. Explain how to vent plastic wrap when covering a dish.

Cover with plastic wrap and roll back an edge.

6. How do you start our microwave ovens at school?

Answers vary

REVIEW II

Directions: After viewing the Microwave Oven video and through class discussion, fill in the blanks on the following statements.

1. One advantage of microwave cooking is that it saves preparation time.
2. Microwave ovens create heat through agitation of molecules.
3. The microwave oven with the most watts cooks food the fastest.
4. Cover cookware with plastic wrap to hold moisture in. Be sure to vent one corner.
5. Standing time is a period when the food continues to cook after microwaving.
6. Remove the cover after microwaving so the steam flows away from the face.
7. An example of a food you should pierce before microwaving or they may explode in the oven is potatoes.

REVIEW III

Directions: After viewing the Microwave video and through class discussion, complete the following by writing “do or don’t” on the line provided.

1. don't cover food tightly so that steam can't escape. Vent a small area.
2. do use dishes labeled “microwave-safe.”
3. do let food stand in microwave after it is shut off or on the counter.
4. do tilt covers of cooked foods away from you to let steam escape.
5. do pierce foods that are encased in a skin like potatoes.
6. don't put a single plate on the center of the turntable.