



# MICROWAVES!

(not just the machine, but the actual electromagnetic waves!)

Electromagnetic waves, or \_\_\_\_\_, are attracted to 3 ingredients:

- F \_\_\_\_\_
- S \_\_\_\_\_
- W \_\_\_\_\_

Microwaves cause molecules to \_\_\_\_\_. That creates \_\_\_\_\_, which then produced the \_\_\_\_\_ that cooks the food.

There are 3 safe containers for the microwave:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Never put \_\_\_\_\_ in the microwave. It repels the electromagnetic waves!!!

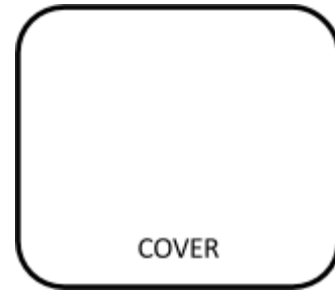
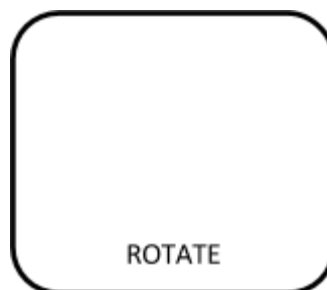
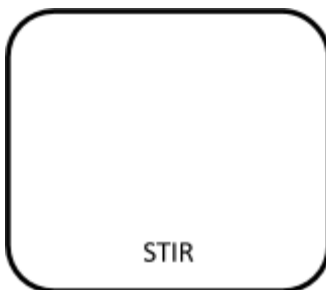
- ❖ Shallow containers cook \_\_\_\_\_ evenly because there is more \_\_\_\_\_ for the microwaves to reach.
- ❖ Also, choose \_\_\_\_\_ containers instead of square ones, because they will cook more evenly, as the microwaves won't "bounce off" the corners.

**COOKING TIME:** \_\_\_\_\_

**STANDING TIME:** \_\_\_\_\_

**\*\*\*\*Both cooking and standing time are increased by the \_\_\_\_\_ of food you are cooking\*\*\*\***

*Please illustrate each of the 3 movements to do in order to cook food evenly in a microwave:*



Use CAUTION when cooking eggs and potatoes in the microwave. They will EXPLODE! Pierce with a fork.

**Why can't microwaves brown or crisp foods?**