

Microwaves



Why do we love microwaves?

Because they make us feel like
this



I

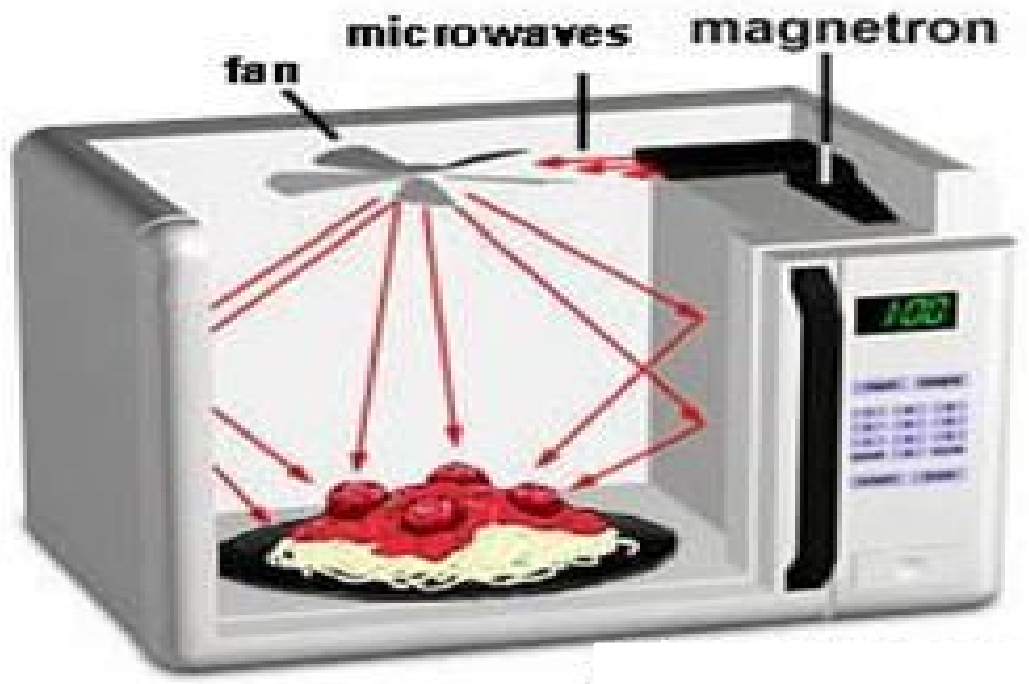
Microwaves are attracted to fat, sugar, and water molecules.



How do microwaves cook food?

Microwaves cause molecules to **vibrate**.

Vibration creates **friction**, which produces heat that cooks the food.



MICROWAVE COOKING CONTAINERS

SAFE

NOT SAFE

GLASS



PLASTIC
(Microwave-Safe)



PAPER



METAL



oh no you didn't

Which container cooks more
evenly
or



Shallow containers cook **more** evenly
because there is more **surface area**
for the microwaves to touch.

Which container cooks more
evenly
or



Because there are **no** corners, the
microwaves
enter the food from as many sides as
possible

Microwave cooking time: The time the food needs to cook **with** microwave energy.

Standing time: the time food continues to cook **after** the microwave has stopped. (think: hot pocket)



What increases the microwave standing and cooking time?

The **amount** of food you are cooking.



Cooking foods evenly in a microwave

1. Stir



2. Rotate



3. Cover



Covering foods

1. Holds in moisture and helps foods cook more evenly.

2. Prevents splattering.

How many of you have ever done this?



And then this?



To prevent burns

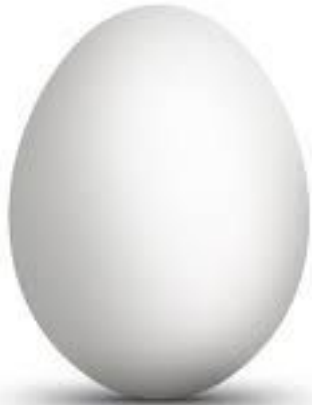
1. Use potholders



2. Direct steam away from body.



Use caution when cooking
these foods in the
microwave



And FYI

microwaves do **NOT** brown foods or give them a crisp crust.

This is because they do not have a **1. 1. 1.**
source.

