**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.
**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.