

Name: _____KEY_____

Period: _____

MICROWAVE STUDYGUIDE

Complete the following vocabulary terms and questions using pages 234-239 in Guide to Good Food.

VOCABULARY:

1. Watt - Microwave cooking power; more watts means faster cooking
2. Dehydration of foods- drying out; when cooking occurs after foods are fully cooked
3. Standing time - time during which foods finish cooking by internal heat; after they are removed from the microwave oven
4. Venting - turning back the corner of plastic wrap to allow steam to escape
5. Rotating - turning foods and/or container during the cooking to allow for more even cooking; if have turntable don't need to do this.
6. Shielding - using a small piece of aluminum foil to prevent overcooking in some areas
7. Arcing - sparking when metal meets the microwave oven walls or floor
8. Elevating - lifting of foods off the floor of the microwave oven

QUESTIONS:

9. How can dehydration occur during microwave cooking?

It occurs because foods continue to cook after they are removed from the microwave. If the foods are fully cooked they may dry out. To prevent this one should allow for standing time to finish cooking.

10. There are four types of material to cover foods in a microwave oven. What are they? And in what situation would you use them?

A. Tight fitting lid

A. Steaming

B. Waxed Paper

B. Prevent spattering

C. Paper Towel

C. Prevent spattering

D. Plastic Wrap

D. Steaming- vent

11. Why would you want to stir the food cooking in the microwave oven once or twice during the cooking time?

You would stir foods to promote evened of cooking.

12. What two suggestions does the book give to compensate for the lack of browning in the microwave?

- Browning agents
- Sauces and gravies to cover foods
- Only make dark colored foods
- Frostings on cakes