

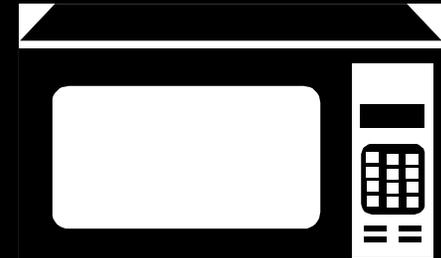
Microwave Magic Quiz

Answer TRUE or FALSE
to the following questions:

- 1. Cooking food in the microwave is healthier than cooking the conventional way.
- 2. It's possible for harmful microwaves to escape when you open your oven door.
- 3. Never place metal in the microwave.
- 4. The shape of a microwave pan isn't particularly important.
- 5. Microwaves don't cook meats very well.
- 6. You'll always get better results if you turn the food you're cooking in the microwave.
- 7. All microwave ovens will boil water in the same amount of time.
- 8. There is no easy way to determine how long to cook something in the microwave.
- 9. A microwave oven with a turntable is superior to one without it.
- 10. The arrangement of food in the microwave dish has nothing to do with the success of cooking.

By Tupperware

Microwave Magic



Microwave Magic Quiz Answers

1. Cooking food in the microwave is healthier than cooking the conventional way.

TRUE. Because cooking time is shorter, the food retains more nutrients. Long exposure to heat causes loss of vitamins and nutrients. Microwave cooking also requires less added fat, and this also makes it a healthier way to cook.

2. It's possible for harmful microwaves to escape when you open your oven door.

FALSE. Microwaves work like the light inside your refrigerator which turns on and off when you open the door. Whenever you open the microwave door, the oven stops and there are no harmful waves.

3. Never place metal in the microwave.

FALSE. It's okay to use lightweight aluminum foil in the microwave oven to shield or protect food from over-cooking. Be sure that:

- You have at least 4 times as much water or food as foil.
- You keep the foil away from the metal sides of the oven. Metal to metal contact will cause arcing.
- You smooth the foil so there are no pieces standing up like antennas which will also cause arcing.

4. The shape of a microwave pan isn't particularly important.

FALSE. It's very important! A round pan is very efficient. You can arrange food in a ring which allows the microwave to penetrate the food from both the inside of the ring and the outside of the pan. A pan with straight sides and a flat bottom allows for an even layer of food which will cook more evenly.

5. Microwaves don't cook meats very well.

FALSE. Meats turn out juicy and tender if you allow for the standing time when food continues to cook after it has been removed from the oven. Otherwise, meat may be overcooked.

Microwave Magic Quiz Answers

6. You'll always get better results if you turn the food you're cooking in the microwave.

FALSE. For most foods, you don't have to turn unless your oven has a hot spot.

7. All microwave ovens will boil water in the same amount of time.

FALSE. If the oven is 600 watts or over, 8-oz. of room temperature water will boil in 3 minutes. If the oven is a lower wattage, boiling will take longer.

8. There is no easy way to determine how long to cook something in the microwave.

FALSE. A good rule of thumb is 6 minutes per pound. However, other factors can affect how long the food should be cooked:

- Oven wattage
- How the food is arranged
- Starting temperature of the food
- Density of the food
- Freshness of the food (fresher foods have more water)
- Size and/or uniformity of the food pieces
- The amount of fat, sugar, and bone in the food
- Fish and Seafood take about 3 minutes per pound.

9. A microwave oven with a turntable is superior to one without it.

FALSE. Ovens without a turntable have a rotating fan or some other mechanism to disperse the microwave energy evenly.

10. The arrangement of food in the microwave dish has nothing to do with the success of cooking.

FALSE. Since microwaves penetrate food only about 1 to 1½ inches, you want to arrange food so that all parts will receive the microwaves. Cut pieces uniformly and place them in a ring in the dish.