

Adventures in Food and Nutrition! © 2012

Chapter 6: Cooking with Microwaves

Tools:

- Printer
- 8.5" x 11" paper
- Scissors

Directions:

1. Print
2. Fold paper in half vertically
3. Cut along dashed lines

browning pan

A pan made of materials that absorb microwave energy. This causes them to get so hot that foods become brown and crisp.

- FOLD -

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heat susceptor

A cooking tray or cover that works like a browning pan.

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magnetron

A device that converts electricity into microwaves.

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microwaveable foods

Foods specially packaged for microwave cooking.

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microwaves

A type of electromagnetic energy.

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standing time

The period of time that occurs right after cooking time in a microwave oven. During this time, the heat inside the food causes it to finish cooking. It also helps to evenly distribute heat inside the food.

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