

## ***Session One Outline: Experiment one: Testing for Microwave-Safe Dishes***

### **Introduction**

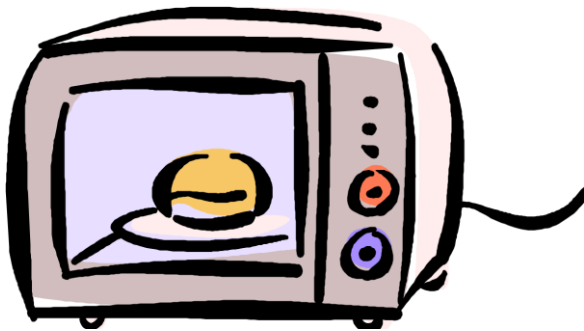
The activity prepares individuals to use kitchen equipment and provides them basic knowledge to keep themselves safe in the kitchen.

### **Goals**

Be able to understand the importance of kitchen safety and demonstrate the ability to use microwave in a safe manner

### **Learning outcomes**

- Demonstrates knowledge and ability to use kitchen equipment
- Through cooking, creativity skills are enhanced as a person tries to be innovative with their recipes and presentation of the food
  - The activity enhances measuring skills, and analyzing skills
  - Demonstrate the understanding of dishes that are microwave safe



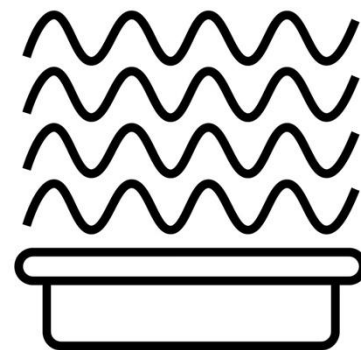
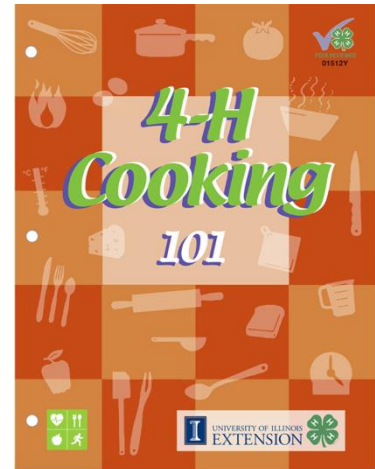
about the microwavable and non-microwaveable dishes. Follow through with discussion.

### **Material list:**

1. Measuring cup
2. A non-metal dish
3. A microwave
4. Water and cups

### **Activity Instructions:**

1. Test a non-metal dish to see if it is microwave-safe (Adult/teacher supervision required)
2. Place the to be tested in the microwave oven
3. Measure ½ cup water into a 1-cup glass measuring cup. Place the filled measuring cup beside the dish to be tested. (SAFETY INFO - stress that you should never run the microwave oven when it is empty.)
4. Microwave for one minute on high (100% power)



**MICROWAVE  
OVEN SAFE**

## 4-H COOKING- Demonstrate Your Knowledge on Kitchen Safety Basics

5. Now touch the dish and the water. Be careful when checking the dish- it may be hot
6. The water will be hot, but if the dish is cool, the dish is safe to use for microwave cooking
7. If the dish is hot, don't use it for microwave cooking.
8. Record the answers to your experiment



### Observations and discussion:

1. Dish tested:
2. Is the dish safe for using in the microwave?
3. How do you know if it is safe to use or not?
4. What are some other dishes you frequently use in the microwave?
5. Test some of them and record the dishes that are not safe to use