

MICROWAVE SAFETY

Grade Level: 3-5; 6-8
Suggested Time: 20 minutes

Overview

Microwaving is a cooking responsibility often assigned at a young age, but microwaves can cause fires and serious burns.

Objectives

- Students learn what is safe and what is not safe to put in the microwave.
- Students learn the importance of reading the directions to know how long to cook the food

Resources/Props/Preparation

- Microwave or picture of a microwave optional.
- Bag/box holding various kitchen items (mug, ceramic bowl, plastic bowl, bowl with foil, a metal item)
- A few prepacked microwavable foods (popcorn, soup)

The Lesson

- Hold up the picture card of the microwave oven.
- Ask students to reach in and select one item and tell if it could be used in a microwave.
- For the food items, have the children look up and read aloud the correct amount of cooking time
- Variation: Ask students to guess the cooking time for each
- Explain why some things should not be used in the microwave. Nothing with any kind of metal should go into the microwave, including foil dishes or covers.
- Remind the students:
 - Stand by your pan! Don't leave cooking unattended, whether using the microwave or the cooktop.
 - It's important to follow the cooking instructions on food packages and set the correct time.
 - Be careful when taking food out of the microwave and taking off the cover or wrapping because it may be very hot. Steam can cause burns.