

Name _____

Date _____

Break Room Microwave Safety

Directions: Choose the safest action for each microwave situation.

1. Your food is in a metal container.

- ☐ Move it to a microwave-safe container first.
- ☐ Heat the metal container anyway.
- ☐ Put foil on top for extra heat.

2. The soup is very hot after heating.

- ☐ Use a mitt or wait before touching it.
- ☐ Grab it with bare hands right away.
- ☐ Shake it over the floor.

3. Food splatters inside the microwave.

- ☐ Wipe it up when it is safe and cool.
- ☐ Leave the mess for someone else forever.
- ☐ Spray cleaner while food is still heating.

4. You need to heat food for longer.

- ☐ Add a short amount of time and check again.
- ☐ Set a random long time and walk away.
- ☐ Heat it with no lid and no check.