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Microwaves produce high temperatures on a molecular level. In the context of heating food, this is known as the . Mar 24, 2018 Microwave ovens should be used exclusively to heat food. They should never be used for other purposes, as they can produce dangerous, even fatal, levels of radiation. This topic is covered on our page on the . Mar 17, 2018 Risks of using an oven for other purposes than heating food have been discussed on this . Highly purified diet is an important factor in effective weight loss, and the majority of health problems associated with obesity are . Apr 4, 2018 The risks of using an oven for other purposes than heating food have been discussed on this . Apr 1, 2019 In case of a fire, always call the fire department. Leave the oven on. Keep all doors closed. Apr 7, 2020 According to the US . Apr 6, 2020 Most microwave ovens do not have an on/off switch. Turn the oven on and leave it on. In case of a power outage, your microwave oven is safe. It will continue to function as long as there is power available. Apr 2, 2020 When cooking meat, cover the meat in oil to prevent drying. If you have a microwave oven, it should have an internal light that illuminates the inside of the oven when the light switch is turned on. This can help you to find your way into the oven when cooking in total darkness. Apr 2, 2020 The US Food and Drug Administration warns that metal utensils and cookware can cause leaks that release lead into food. They also point out that the food you cook in a microwave oven can be hazardous, even if the power goes out. To avoid exposure, make sure to use an oven shield or pot holder, avoid placing your hands near the oven door, and keep oven doors closed. If you do use a pot holder, don't touch it after you've used it. Apr 1, 2020 Separate food that has been cooked in a microwave oven from other dishes. Don't place these dishes in the same container as dishes that have not been heated. Mar 29, 2020 If your microwave oven has a built-in temperature sensor, make sure the oven is not on the defrost setting, as there is a high risk of burns if you put something in while the temperature is too high

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