

Use Microwave properly.

Use only microwave-safe containers

Why:

Will cause sparks in the microwave

Avoid using metal containers such as

- Aluminum foil
- Small foil cups that are often used in bento boxes
- Metal skewers skewer
- Gold plates and cups
- Silver plates and cups

Clean the microwave regularly

Why:

Grease and other matters may ignite

Food and other matters may occasionally spill inside the microwave. If those remnants are left in the microwave and repeated heated, they will eventually char and become easily ignitable.



Do not leave the kitchen when you are cooking.

Warm food less than prescribed settings

Why:

Food will burn and emit smoke

Overheating food is very dangerous because it makes the moisture inside the food evaporate and causes the food to burn or smoke. When you need to heat food, use a large container, add some water, and cover the container.



Examples of food that do not have moisture.

burnt bread

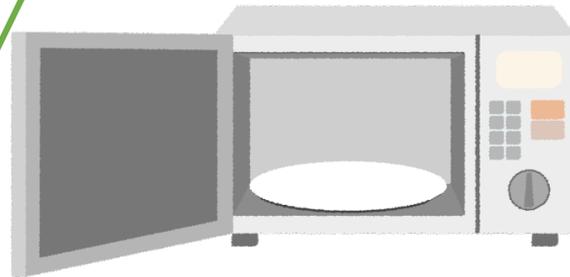
Potatoes / Carrots / Burdock / Squash (pumpkin) / Pasta

Avoid overheating liquids

Why:

may cause the liquid to boil suddenly

The movement of removing heated liquids from a microwave can cause the liquid to boil suddenly. Powered-based beverages such as instant coffee and green tea can also suddenly boil. To prevent beverages from overheating, please heat them slightly shorter than the microwave's suggested settings. Please let beverages that are overheated cool before removing them from the microwave.



Do not heat eggs or other foods that have shells or films.

Why:

Because they will explode.

Microwaves heat food from the inside. When foods that are covered in a shell or have a film such as eggs and chestnuts are heated, pressure builds up inside, and they explode. Even reheating boiled eggs that have had their shells removed can explode. Similarly, sealed containers may also explode, so please remove the lids before heating. Please break the shell or film, or make an incision into the food before heating.

Examples of foods which cause an explosion by Microwave

Eggs / cod roe / chestnuts / squid / sausage

