Microwave ovens (**Figure 7**) can be used to cook, defrost or reheat food.

A microwave oven has an outer metal casing. The window in the door has an iron mesh.

metal case microwaves

food

08.1	Explain how a microwave oven cooks food.
	[2 marks]
08.2	Microwaves are reflected by the iron mesh in the window of the door and by the metal casing. This prevents microwaves leaving the microwave oven.
	Give three other things that can happen to microwaves when they interact with other substances.
	[2 marks]