

Classroom Microwave Rules

1. Ask your teacher before you use the microwave.
2. Read the microwave directions on your food package and follow them carefully.
3. Follow package instructions for the total amount of heating time. For safety's sake, do not turn the microwave on for more than one minute at a time.
4. Do not microwave beverages in the classroom.
5. Ask an adult to help take liquid foods (like soup or chili) out of the microwave since these get very hot and spill easily.
6. Stand at least one metre away from the microwave when it is turned on.