CARROTS – *1/2 Pound*

Here's how to cook one half pound of frozen carrots in the microwave oven.

_____1. Get 1/2 pound frozen carrots (open package).
Get microwave safe dish with cover.
Get measuring spoons.
Get water.
Get potholders.

_____2. Put carrots into dish.

_____3. Measure 2 tablespoons water.

_____4. Put water into dish. Cover dish.

_____5. Open microwave. Put dish in.

_____6. Close microwave.

_____7. Set microwave for 4 minutes. Start.

_____8. Open microwave.

_____9. Put on potholders. Turn dish.

_____10. Close microwave.

_____11. Take off potholders.

_____12. Set microwave for 4 minutes. Start.

_____13. Open microwave.

_____14. Put on potholders.

_____15. Careful! Take dish out of microwave.

_____16. Close microwave.

_____17. Careful! Take off cover.

_____18. Take off potholders.

CARROTS – *1/2 Pound*

Here's how to cook one half pound of frozen carrots in the microwave oven

Use as an ingredient in another dish, and as a side dish.

_____ 1. Get 1/2 pound frozen carrots (open package). Get microwave safe dish with cover. Get measuring spoons. Get water. Get potholders.
Get one half pound of frozen carrots, a clean microwave safe dish with a cover, a clean set of measuring spoons, water from a faucet, and clean potholders.

_____ 2. Put carrots into dish.
Put the carrots into the dish.

_____ 3. Measure 2 tablespoons water.
Using the measuring spoons and water from the faucet, measure two tablespoons of water.

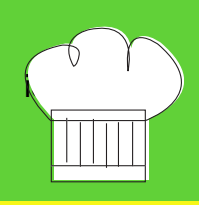
_____4. Put water into dish. Cover dish.
Put the water from the tablespoons into the dish with the carrots.
Put the cover on to the dish.

_____ 5. Open microwave. Put dish in.
Open the microwave oven door.
Put the covered dish into the microwave oven.

_____ 6. Close microwave.
Close the microwave oven door.

_____ 7. Set microwave for 4 minutes. Start.
Set the microwave oven cook timer for four minutes.
Start the microwave oven.

_____8. Open microwave.
Open the microwave oven door.



_____9. Put on potholders. Turn dish.
Put the potholders on to your hands as an extra precaution.
Using your hands, turn the dish one half turn.

_____10. Close microwave.
Close the microwave oven door.

_____11. Take off potholders.
Take the potholders off of your hands.

_____12. Set microwave for 4 minutes. Start.
Set the microwave oven cook timer for 4 minutes.
Start the microwave oven.

_____13. Open microwave.
Open the microwave oven door.

_____14. Put on potholders.
Put the potholders on to your hands.

_____15. Careful! Take dish out of microwave.
Using your hands, carefully take the dish out of the microwave oven and put it on to a safe surface.

_____16. Close microwave.
Close the microwave oven door.

_____17. Careful! Take off cover.
Using your one hand and the potholder, hold the dish so that it is steady.
Using your other hand and the potholder, carefully take off the cover from the dish and put it on to a safe surface.

_____18. Take off potholders.
Take the potholders off of your hands.

CARROTS – *1 Pound*

Here's how to cook one pound of frozen carrots in the microwave oven.

_____1. Get 1 pound frozen carrots (open package).
Get microwave safe dish with cover.
Get measuring spoons.
Get water.
Get potholders.

_____2. Put carrots into dish.

_____3. Measure 2 tablespoons water.

_____4. Put water into dish. Cover dish.

_____5. Open microwave. Put dish in.

_____6. Close microwave.

_____7. Set microwave for 6 minutes. Start.

_____8. Open microwave.

_____9. Put on potholders. Turn dish.

_____10. Close microwave.

_____11. Take off potholders.

_____12. Set microwave for 6 minutes. Start.

_____13. Open microwave.

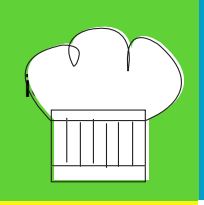
_____14. Put on potholders.

_____15. Careful! Take dish out of microwave.

_____16. Close microwave.

_____17. Careful! Take off cover.

_____18. Take off potholders.



CARROTS – *1 Pound*

Here's how to cook one pound bag of frozen carrots in the microwave oven

Use as an ingredient in another dish, and as a side dish.

_____ 1. Get 1 pound frozen carrots (open package). Get microwave safe dish with cover. Get measuring spoons. Get water. Get potholders.
Get one pound of frozen carrots, a clean microwave safe dish with a cover, a clean set of measuring spoons, water from a faucet, and clean potholders.

_____ 2. Put carrots into dish.
Put the carrots into the dish.

_____ 3. Measure 2 tablespoons water.
Using the measuring spoons and water from the faucet, measure two tablespoons of water.

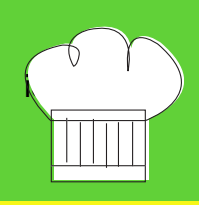
_____4. Put water into dish. Cover dish.
Put the water from the tablespoons into the dish with the carrots.
Put the cover on to the dish.

_____ 5. Open microwave. Put dish in.
Open the microwave oven door.
Put the covered dish into the microwave oven.

_____ 6. Close microwave.
Close the microwave oven door.

_____ 7. Set microwave for 6 minutes. Start.
Set the microwave oven cook timer for six minutes.
Start the microwave oven.

_____8. Open microwave.
Open the microwave oven door.



_____9. Put on potholders. Turn dish.
Put the potholders on to your hands as an extra precaution.
Using your hands, turn the dish one half turn.

_____10. Close microwave.
Close the microwave oven door.

_____11. Take off potholders.
Take the potholders off of your hands.

_____12. Set microwave for 6 minutes. Start.
Set the microwave oven cook timer for six minutes.
Start the microwave oven.

_____13. Open microwave.
Open the microwave oven door.

_____14. Put on potholders.
Put the potholders on to your hands.

_____15. Careful! Take dish out of microwave.
Using your hands, carefully take the dish out of the microwave oven and put it on to a safe surface.

_____16. Close microwave.
Close the microwave oven door.

_____17. Careful! Take off cover.
Using your one hand and the potholder, hold the dish so that it is steady.
Using your other hand and the potholder, carefully take off the cover from the dish and put it on to a safe surface.

_____18. Take off potholders.
Take the potholders off of your hands.