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**Selecting Cookware**

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|  | **Safe Cookware Guide:** Safe cookware is a vital part of healthy cooking and is highly important in keeping you and your family healthy. Learn about cookware safety. |
| <https://healthy-cookware.com/safe-cookware-guide/> | |
| Notes: | |

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|  | **How to Use the Right Pots and Pans for the Job** What’s the best pan to cook with?Here’s a guide to common cookware materials and which are best suited to cook your favorite food to perfection. Cooking to perfection has to do with thermal conductivity of the material of the cookware. |
| <https://www.highya.com/articles-guides/guide-to-different-types-of-cookware-materials-and-their-uses> | |
| Notes: | |

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|  | **What’s the Safest Cookware?**  Nonstick cookware is popular and easy, but it comes with disadvantages. |
| <https://www.mnn.com/food/healthy-eating/questions/whats-the-safest-cookware> | |
| Notes: | |

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|  | **Dangerous Cookware to Avoid:**  Some cookware can leach dangerous chemicals in your body.  \*This is a 3 minutes YouTube video. |
| <https://www.youtube.com/watch?v=YgCHVGG3Crk>  <http://www.meschinohealth.com/blog/cancer/2012/06/11/dangerous-cookware-avoid-titanium/> | |
| Notes: | |