

Key

| Material | Advantages | Disadvantages | Use and Care |
|----------|--|---|--|
| 4 | Nonstick Finishes <ul style="list-style-type: none"> ❖ Keeps foods from sticking to pans—fat may not be necessary for browning, sautéing, or frying. | <ul style="list-style-type: none"> ❖ Easily scratched by metal kitchen tools or abrasive cleaners. ❖ High heat may stain finish or warp pan. | <ul style="list-style-type: none"> ❖ Follow manufacturer's directions for use and care. Some cannot be washed in dishwasher. ❖ Use non-metal tools to prevent scratching. |
| 7 | Glass <ul style="list-style-type: none"> ❖ Attractive. Can be used for cooking and serving. ❖ Easy to clean. | <ul style="list-style-type: none"> ❖ Breaks easily, especially if extreme temperature change. ❖ Some can be used only on the cooktop; others just in the oven. ❖ Holds heat, but does not conduct heat well. | <ul style="list-style-type: none"> ❖ May need a wire grid if used on an electric cooktop. ❖ Use nonabrasive cleaners and nylon scrubbers. ❖ Do not plunge hot pan into cold water or put into the refrigerator. |
| 4 | Enamel (glass baked on metal) <ul style="list-style-type: none"> ❖ Attractive. Can be used to cook and serve. | <ul style="list-style-type: none"> ❖ Chips easily. | <ul style="list-style-type: none"> ❖ Dishwasher safe. ❖ Use nonabrasive cleaners and nylon scrubbers. |
| 5 | Cast Iron <ul style="list-style-type: none"> ❖ Distributes heat evenly. ❖ Retains heat well. | <ul style="list-style-type: none"> ❖ Heavy. ❖ Rusts if not wiped dry after washing. | <ul style="list-style-type: none"> ❖ Store in a dry place. ❖ Store cover separately—pan may rust if stored covered. |
| 8 | Stainless Steel <ul style="list-style-type: none"> ❖ Durable, tough, hard. ❖ Will not dent easily. ❖ Attractive. | <ul style="list-style-type: none"> ❖ Conducts heat unevenly. ❖ Stains when overheated or from starchy foods. ❖ Can develop hot spots. ❖ Pits if used to store salty or acid foods. | <ul style="list-style-type: none"> ❖ Use nonabrasive cleaners and nylon scrubbers. ❖ Use stainless steel cleaner to remove stains. ❖ Do not use to store salty or acid foods. |
| 8 | Glass-Ceramic <ul style="list-style-type: none"> ❖ Goes from freezer to oven or cooktop. ❖ Durable, heat-resistant, attractive. ❖ Used for roasting, broiling, and baking in conventional or microwave ovens. | <ul style="list-style-type: none"> ❖ May break if dropped. ❖ Holds heat well—reduce oven temperatures by 25°F (14°C) for baked goods. | <ul style="list-style-type: none"> ❖ Use nonabrasive cleaners and nylon scrubbers. ❖ Dishwasher safe. ❖ Use manufacturer's care instructions. |
| 4 | Stoneware <ul style="list-style-type: none"> ❖ Attractive. ❖ Use for cooking and serving. ❖ Retains heat. | <ul style="list-style-type: none"> ❖ Breaks easily. | <ul style="list-style-type: none"> ❖ Dishwasher safe. ❖ Use nonabrasive cleaners and nylon scrubbers. |
| 6 | Copper <ul style="list-style-type: none"> ❖ Excellent heat conductor. ❖ Attractive. | <ul style="list-style-type: none"> ❖ Discolors easily. ❖ Discolors food and may create toxic compounds. Inside must be lined with tin or stainless steel. | <ul style="list-style-type: none"> ❖ Dry after washing. ❖ Do not scour inside—the thin lining may be worn away. ❖ Polish with copper cleaner or mixture of flour and vinegar. |
| 6 | Microwave-safe plastic <ul style="list-style-type: none"> ❖ Durable. ❖ Stain-resistant. ❖ Easy to clean. | <ul style="list-style-type: none"> ❖ Some cannot be used in conventional ovens. ❖ Can be scratched by sharp kitchen tools. | <ul style="list-style-type: none"> ❖ Dishwasher safe. ❖ Use nonabrasive cleaners and nylon scrubbers. |
| 10 | Aluminum <ul style="list-style-type: none"> ❖ Conducts heat quickly, evenly. ❖ Lightweight. ❖ Durable. ❖ Comes in a variety of finishes. | <ul style="list-style-type: none"> ❖ Warps, dents, and scratches easily. ❖ Darkens and stains, especially in dishwasher. ❖ Pits if used to store salty or acid foods. | <ul style="list-style-type: none"> ❖ Cool before washing to prevent warping. ❖ Avoid sharp tools like knives and beaters. ❖ Do not use to store salty or acid foods. |

62 points total