

Basic Cooking Concepts

5 or more
fruits &
vegetables
every day

Cooking can be a great way to expand your knowledge of healthy foods and meals. Here is a list of common cooking terms and conversions to help you get started in the kitchen.

ABBREVIATIONS¹

- t. / tsp. = teaspoon
- T. / Tbsp. = tablespoon
- C. = cup
- qt. = quart
- pt. = pint
- oz. = ounce
- lb. = pound

CONVERSIONS²

Fluid ingredients starting at $\frac{1}{4}$ cup should be measured in a glass measuring cup, while dry ingredients should be measured in a dry measuring cup. The fluid ounce measures volume, while the dry ounce measures weight.

- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1 fluid ounce
- 4 tablespoons = $\frac{1}{4}$ cup
- 4 fluid ounces = $\frac{1}{2}$ cup
- 8 fluid ounces = 1 cup
- 2 cups = 1 pint
- 4 cups = 1 quart
- 4 quarts = 1 gallon

COOKING TERMS^{3,4}

- **Al dente:** Pasta that is cooked until it offers a slight resistance to the bite
- **Beat:** Gently mix ingredients together with a spoon or fork
- **Blanch:** Cook briefly in boiling water
- **Broil:** Cook under direct heat
- **Chop:** Cut into small pieces
- **Dice:** Cut into small cubes
- **Grate or shred:** Scrape food against a serrated surface, making thin pieces
- **Julienne:** Cut into long, fine, even strips
- **Mince:** Cut into very small pieces, smaller than chopped or diced
- **Pare:** Peel the skin from a fruit or vegetable
- **Sauté:** Cook something gently in a little bit of oil
- **To taste:** Add more or less of an ingredient depending on the taste that you like
- **Zest:** Grate the outer peel of a citrus fruit



Healthy Choices Count!

www.iowahealthieststate.com/5210

1. "Measurements and Cooking Terms." *PA Nutrition Education Network*, 14 Sept. 2016, <http://old.panen.lightsky.net>.

2. "22 Kitchen Cheat Sheet Guides on Basic Cooking Techniques." *Soda Pic*, 14 Sept. 2016, www.sodapic.com.

3. "Basic Cooking Terms." *California Department of Public Health*, 14 Sept. 2016, www.cdph.ca.gov.

4. "Basic Cooking Terms." *Student Cook*, 14 Sept. 2016, www.studentcook.co.uk.