Basic Cooking Concepts

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.

ABBREVIATIONS

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

CONVERSIONS

Fluid ingredients starting at ¼ 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 = ¼ cup
- 4 fluid ounces = ½ cup
- 8 fluid ounces = 1 cup
- 2 cups = 1 pint
- 4 cups = 1 quart
- 4 quarts = 1 gallon

COOKING TERMS

- 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


Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

Let’s Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let’s Go! www.letsgo.org.