

## cooking conversions

### Terms, Measurements and Cooking Temperatures

Cooking Word Abbreviations	
Tablespoon	Tbsp., TB., T.
Teaspoon	tsp., t.
Cup	C.
Ounce	oz.
Pint	pt.
Quart	qt.
Pound	lb.
Package	pkg.
Fahrenheit	°F
Hour	Hr.
Minute	min.

Conversion Chart		
3 tsp.	=	1 Tbsp.
2 Tbsp.	=	1/8 cup
4 Tbsp.	=	1/4 cup
5 Tbsp. + 1 tsp.	=	1/3 cup
8 Tbsp.	=	1/2 cup
16 Tbsp.	=	1 cup
2 cups	=	1 pt.
4 cups	=	1 qt.

Safe, Internal Cooking Temperatures	
<i>(Check food with a food thermometer to know if the product is at the correct temperature to safely eat.)</i>	
<b>Chicken &amp; Turkey</b>	165° F
<b>Pork</b>	145° F <i>Allow to sit for 3 mins. before eating</i>
<b>Steak</b>	145° F <i>Allow to sit for 3 mins. before eating</i>
<b>Ground Meat</b> <i>(Beef, veal, lamb)</i>	160° F
<b>Fish &amp; Shellfish</b>	145° F

Common Cooking Words	
<b>Sauté</b>	To cook quickly in a small amount of fat over high heat
<b>Bake</b>	To cook a food item in an oven
<b>Boil</b>	To heat a liquid until bubbles rapidly break on the surface
<b>Roast</b>	To cook in an oven, often at a higher heat and longer than baking
<b>Blend</b>	To mix two or more ingredients together
<b>Simmer</b>	To cook gently, just below the boiling point with small bubbles rising to the surface every few seconds

### How to Use a Cooking Thermometer:

Check out the [USDA Food Safety and Inspection Service Page](#) for information on how to use a food thermometer.