

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>	
Chicken & Turkey	165° F
Pork	145° F <i>Allow to sit for 3 mins. before eating</i>
Steak	145° F <i>Allow to sit for 3 mins. before eating</i>
Ground Meat <i>(Beef, veal, lamb)</i>	160° F
Fish & Shellfish	145° F

Common Cooking Words	
Sauté	To cook quickly in a small amount of fat over high heat
Bake	To cook a food item in an oven
Boil	To heat a liquid until bubbles rapidly break on the surface
Roast	To cook in an oven, often at a higher heat and longer than baking
Blend	To mix two or more ingredients together
Simmer	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.