**Following a Recipe – Study Guide**

**Please read over the following:**

1. **Parts of a recipe**
2. Ingredients
3. Amount of each ingredient
4. Directions (mixing, cooking, or preparing)
5. Cooking time
6. Number of servings(yield)
7. **Understanding abbreviations**
8. F.g = few grains
9. t. ot tsp. = teaspoon
10. T. or Tbsp. = tablespoon
11. c. = cup
12. pt. = pint
13. oz. = ounce
14. qt. = quart
15. gal. = gallon
16. lb. = pound
17. F = degrees Fahrenheit
18. C = degrees Celsius
19. **Understanding recipe/cooking terms**
20. **Bake**: cook in an oven in an uncovered container
21. **Boil:** heat a liquid on a cook top at a high temperature. Bubbles should constantly rise and break surface.
22. **Braise**: cooking technique that combines browning and simmering, Brown food in a small amount of fat. Then, add a little liquid and simmer in a uncovered container.
23. **Broil**: cook by direct heat by placing food under the heat source.
24. **Brown**: cook in fat until surface of food turns brown.
25. **Cook**: prepare food for eating using heat
26. **Deep fry**: cook in enough hot fat to cover the food.
27. **Dry-heat cooking**: cook foods without liquids.
28. **Fry**: cook in fat or oil in pan
29. **Grill:** cook by direct heat by placing the food over the heat sources. Heat source can be gas, electric, charcoal or wood.
30. **Microwave:** cook in a microwave oven
31. **Moist-heat cooking**: cook food by adding water or other liquids.
32. **Panfry**: cook in enough hot fat to cover the food half way.
33. **Poach**: cook in liquid at a low temperature.
34. **Roast:** cook uncovered in an oven without liquid.
35. **Simmer**: cook in liquid at a temperature just below boiling. Bubbles from only along the edges of the pan and do not break the surface.
36. **Steam:** cook in covered container on a rack above liquid that is boiling.
37. **Stew:** cook in enough liquid for ingredients to float freely.
38. **Stir-Fry**: cook evenly cut pieces of food in a small amount of fat, stirring frequently.
39. **Identifying Healthful Ingredients in a recipe**
40. Grains – look for
    1. Whole grain or whole wheat
    2. Less processed (rolled oats rather than instant oatmeal)
41. Vegetable – look for
    1. Vegetables in season or frozen
    2. Canned labeled low sodium
42. Fruit – look for
43. Fruits in season or frozen
44. Canned without added sugar
45. Diary – look for
46. Low fat, fat free milk products or soy, rice, almond milks
47. Cheeses lower in fat (parmesan or feta)
48. Protein – look for
49. Cuts of meats that include round or loin
50. Ground beef, turkey or chicken that is labeled 90% (or grader) lean
51. Skinless poultry cuts
52. seafood such as salmon, cod, trout, herring
53. beans, peas, lentils or tofu as a replacement for meat/poultry
54. nuts and seeds as a replacement for poultry
55. Oils – look for
56. Olive or grape seed oils
57. Sugars – look for naturally occurring sugars

a. honey

1. agave nectar
2. maple syrups

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