



# Orientation: Session 1

## Reading a Recipe

It is important to read a recipe entirely and to understand the method before you start to make the item.

A recipe has four parts:

1. **Name** is the name of the recipe that you are preparing.
2. **Yield** is how many people you can expect to serve from a recipe.
3. **Preparation time** is approximately how long it will take to prepare the recipe. It helps you to organize your time.
4. **Ingredients** tells you the ingredients you will need and how much of each. It is important to read this section in advance to ensure that you have what you need.
5. **Directions** tells you what to do with the ingredients. Make sure you understand all the terms and techniques before you begin cooking.



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## Abbreviations and Conversions

Table 1. Measurement Abbreviations

Abbreviation	Measurement
tsp	Teaspoon
tbsp.	Tablespoon
oz.	Ounce
lb.	Pound
mL	Millilitre
g	Gram
kg	Kilogram

Table 2. Unit Conversions

Imperial Units	Metric
$\frac{1}{4}$ tsp	1 mL
$\frac{1}{2}$ tsp	2 mL
1 tsp	5 mL
1 tbsp.	15 mL
$\frac{1}{4}$ cup	60 mL
$\frac{1}{3}$ cup	75 mL
$\frac{1}{2}$ cup	125 mL
$\frac{2}{3}$ cup	150 mL
$\frac{3}{4}$ cup	175 mL
1 cup	250 mL
4 cups	1000 mL or 1 L



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## Measuring Ingredients

Preparing ingredients can be tricky for someone who is not familiar with measuring techniques. Choosing the correct measuring equipment depending on ingredient type and amount is the first step in making accurate measurements. It's a good idea to review these basics with participants.

Table 3. Accurate Measurement

Utensil	Plastic Dry Measuring Cup	Glass Measuring Cup	Measuring Spoon
Use	Dry ingredients (flour, sugar)  Semi-solid ingredients (margarine, hummus, etc.)	Liquid ingredients (water, milk, etc.)	All types of ingredients, but in small quantities
Technique	Select the appropriately sized measuring cup.  Fill the cup until it is heaping full and for dry ingredients level the top with a straight edge (e.g., flat side of a table knife).  For semi-solid ingredients, pack with a spoon and level the top.	Place cup on flat surface.  Bend down to read the gradations on the measuring cup as you pour the liquid.  Pour the liquid to the amount required.	Select the proper size of measuring spoon.  For solid ingredients scoop heaping amount onto the spoon and level off the top with a straight edge.  For liquid ingredients pour amount into proper sized spoon.