

Basic cuts and shapes

1. *Small dice*: 1/4-inch (0.5 cm) cube



2. *Medium dice*: 1/2-inch (1 cm) cube



3. *Large dice*: 3/4-inch (2 cm) cube



4. *Julienne*: 1/4-inch (5 cm) square by 1-2 inches (2.5-5 cm) long



5. *French fry*: 1/4- to 1/2-inch (0.5-1 cm) by 3-4 inches (7.5-10 cm) and longer



6. *Mince*: To chop into very fine pieces



7. *Shred*: To cut into thin strips by using a grater or a chef's knife



8. *Chop*: To cut into pieces of roughly the same size



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).