

MasterCook PC for Windows by Arion Software, Inc.

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For information on how to use Help, press F1 or choose Help Using Help.

File Menu

The File menu contains commands for working with files--which in MasterCook PC means *cookbook files*. This is reflected in the names of the File menu commands--New Cookbook, Open Cookbook, Close Cookbook, etc.

<u>New Cookbook...</u>	Creates a new cookbook
<u>Open Cookbook...</u>	Opens an existing cookbook
<u>Close Cookbook</u>	Closes the currently open cookbook
<u>Save Cookbook As...</u>	Saves the current cookbook with a different name or to a different disk-drive or directory
<u>Printer Setup...</u>	Lets you change the current printer settings
<u>Page Setup...</u>	Allows you to specify a document's font, page size, margins, and paper orientation
<u>Print...</u>	Prints the currently selected window: cookbook index, recipe, or menu
<u>Exit</u>	Quits MasterCook PC

MasterCook PC Command Reference

File New Cookbook command

The New Cookbook command lets you create a new cookbook file. Dialog boxes allow you to title the cookbook with any name you choose--provided it's 60 characters or less--and to specify the categories you wish to use to organize the cookbook (categories are like the chapters around which standard cookbooks are organized).

See Also

[Open Cookbook...](#)

[Options/Categories...](#)

[File Menu](#)

File Open Cookbook command

Open Cookbook opens a cookbook file and displays it in a window on the left of the MasterCook PC application window. This cookbook becomes the current cookbook file and you can display and edit recipes in the cookbook or menus associated with it. Open Cookbook displays a dialog box that lets you choose a cookbook from a scrollable list of cookbook icons. You can also use Open Cookbook to open a cookbook located on a different disk-drive or in a different directory.

See Also

[New Cookbook...](#)

[Close Cookbook](#)

[File Menu](#)

File Close Cookbook command

The Close Cookbook command closes the current open cookbook. If you've made changes to a recipe without saving them, a dialog box will appear for each unsaved recipe currently open to let you save your work before the cookbook is closed.

See Also

[New Cookbook...](#)

[Open Cookbook...](#)

[File Menu](#)

File Save Cookbook As command

This command saves a cookbook with a different name or to a different directory, in effect letting you rename a cookbook and/or make a copy of it. All your changes to the components of a cookbook--recipes and menus--are saved individually using Save buttons in recipe and menu windows.

See Also

[New Cookbook...](#)

[Open Cookbook...](#)

[File Menu](#)

File Printer Setup command

The Printer Setup command lets you choose the printer specifications to be used when printing with MasterCook PC. These specifications are *global*, which means that they will function as defaults for any printing you do with the program. Some of these specifications, such as paper size and orientation, can also be changed with the Page Setup command.

File Menu

File Page Setup command

The Page Setup command lets you choose the paper size, margins, and orientation (Portrait or Landscape) MasterCook PC is to use when printing cookbooks, recipes, menus, nutritional information, and shopping lists. In addition, Page Setup also lets you choose the typeface, type style, and size of the font with which to print.

File Menu

File Print command

The MasterCook PC Print command varies with the current active window, in effect changing the nature of what will be printed depending on what you're currently doing in the program.

If the cookbook window is active, the name of the Print command changes to **Print Cookbook Index** on the File menu. You can specify whether to print a recipe index--an alphabetical listing of all recipes in the cookbook--or category index--a list of all categories in the cookbook sorted alphabetically.

If a recipe window is active, the name of the Print command changes to **Print Recipe**. You can choose whether to print the recipe's nutritional profile and/or shopping list following the recipe.

If a menu window is active, the name of the Print command changes to **Print Menu**. You can print a nutritional profile following each meal on the menu and/or a shopping list for the entire menu. If the menu you're printing is a single-meal menu, the recipes are printed as they appear on the menu, followed by the nutritional profile and/or shopping list (if you've selected those options) for the meal. If you choose to print a meal plan, the recipes are organized first by day and then by meal. If you choose the Nutritional Profile radio button, nutritional profiles will appear following each meal and at the end of each day, for a summary of the day's total nutritional intake. If you choose to print a shopping list, a master shopping list is printed for the entire meal plan.

See Also

[Page Setup...](#)

[Printer Setup...](#)

[File Menu](#)

File Exit command

The Exit command quits the MasterCook PC application and returns to the Windows Program Manager. If you have made unsaved changes to a recipe or menu a dialog box will appear to let you save your work before exiting the program.

File Menu

Edit Menu

The Edit menu contains the standard Windows Edit menu commands: Undo, Cut, Copy, Paste, and Clear. These commands are used in MasterCook PC to edit text that you type while modifying recipes and menus. For an in-depth explanation of these commands, see "Working with Text" in *Microsoft Windows User's Guide*, published by Microsoft Corporation. The *Windows User's Guide* is the manual that came with your copy of Microsoft Windows.

[MasterCook PC Command Reference](#)

Recipe Menu

The Recipe menu contains commands that apply to individual recipes. These commands help you create new recipes and obtain information from existing ones.

<u>New Recipe...</u>	Creates a new recipe in the current cookbook
<u>Find Recipe...</u>	Searches for any recipe in the current cookbook by name
<u>Save Recipe As...</u>	Saves the current recipe with a different name
<u>Delete Recipe...</u>	Removes a recipe from the current cookbook
<u>Scale Recipe...</u>	Adjusts the serving size of the current recipe from the original serving amount to any new whole number
<u>Nutritional Profile...</u>	Displays a dialog box showing a nutritional breakdown of the current recipe on a per-serving basis
<u>Suggest Recipe...</u>	Finds recipes in the current cookbook by any combination of ingredients, categories, or amount of preparation time.
<u>Shopping List...</u>	Displays a dialog box showing a list of all the ingredients used by the current recipe and lets you print the list if you choose to.

MasterCook PC Command Reference

Recipe New Recipe command

New Recipe creates a new recipe in the current cookbook. The new recipe is tentatively titled "New Recipe," followed by a number signifying the order in which the recipe was created during the current MasterCook PC session. (For example, if it's the third recipe created during the current session, it's titled "New Recipe 3.") You name the recipe and provide additional background information about it, specify a serving size, and enter the ingredients and directions. Once you're done, you save the recipe by choosing the Save button; the recipe is saved with the other recipes in the cookbook file on disk.

[Recipe Menu](#)

Recipe Find Recipe command

Find Recipe lets you search for any recipe in the current cookbook by name. When MasterCook PC finds the recipe you're looking for, it opens the recipe for viewing and editing.

[Recipe Menu](#)

Recipe Save Recipe As command

The Save Recipe As command lets you save the current recipe with a different name--in effect making a copy of the recipe in the same cookbook, but with a different name.

[Recipe Menu](#)

Recipe Delete Recipe command

Delete Recipe lets you remove a recipe from the current cookbook. Be careful using this command: once you delete a recipe from a cookbook, you can't retrieve it.

[Recipe Menu](#)

Recipe Scale Recipe command

Scale Recipe lets you adjust the serving size of the current recipe from the original serving amount to any new whole number. When you specify the new serving size, the ingredient amounts (and, if necessary, the measurement units) are automatically scaled to the appropriate proportions. This command works equally well regardless of whether the initial serving size refers to the quantity of food produced by a recipe or the number of individual servings it produces. (For example, a bread recipe might produce two loaves, whereas a casserole recipe might "serve six.")

Note, however, that, for a variety of reasons related to food chemistry, some recipes simply cannot be reliably scaled. Many cooking experts warn against scaling complex recipes by more than a factor of two, and against scaling recipes for baked goods at all.

[Recipe Menu](#)

Recipe Nutritional Profile command

Nutritional Profile displays a dialog box showing a nutritional breakdown of the current recipe on a per-serving basis. You can print the nutritional profile by choosing Print; the profile is printed with the current printer and page setup specifications.

Recipe Menu

Recipe Suggest Recipe command

The Suggest Recipe command lets you find recipes in the current cookbook by any combination of ingredients, categories, or amount of preparation time. In effect, you're letting MasterCook PC suggest a recipe based on ingredients you wish to use or have on hand, or by the type of food you feel like preparing, or by the amount of time required to prepare a recipe.

When (and if) MasterCook PC finds recipes that meet the specified criteria, it displays the recipe names in a list box; you can choose to open one or all of the recipes found in the search. (MasterCook PC does, however, limit you to a maximum of five recipes that can be open at one time.)

[Recipe Menu](#)

Recipe Shopping List command

The Shopping List command displays a shopping list of all the ingredients used by the current recipe and lets you print the list if you choose to. The ingredients are listed alphabetically, and include the amounts needed for the recipe and the preparation method for each ingredient.

If you wish to include items from your basic shopping list--those items you purchase regularly--choose the check box labelled "Basic Shopping List."

To print the shopping list, choose Print. When you're finished, choose Close to close the dialog box.

Recipe Menu

MenuMaker Menu

The MenuMaker menu provides commands for creating and editing menus, as well as commands for displaying and printing nutritional and shopping list information for menus. A MasterCook PC menu can consist of from one meal (single meal menus) to meals for several days, up to one month (meal plans).

<u>New Menu...</u>	Creates a new menu
<u>Open Menu...</u>	Opens a previously created menu
<u>Save Menu As...</u>	Saves the current menu with a different name
<u>Delete Menu...</u>	Removes a previously created menu
<u>Nutritional Information...</u>	Displays a dialog box showing a nutritional breakdown of the current menu on a per-serving basis
<u>Shopping List...</u>	Displays a dialog box showing a list of all the ingredients used by the recipes in the current menu and lets you print the list if you choose to.

MasterCook PC Command Reference

MenuMaker New Menu command

The New Menu command lets you create a menu for one meal or a meal plan consisting of from one day to a month (31 days) of meals.

[MenuMaker Menu](#)

MenuMaker Open Menu command

Open Menu opens a previously created menu and displays it in a window on the screen. Once open, you can edit or print the menu or meal plan.

You may open a maximum of three menus at one time.

MenuMaker Menu

MenuMaker Save Menu As command

The Save Menu As command lets you save a menu with a different name, in effect letting you make a copy of a menu.

MenuMaker Menu

MenuMaker Delete Menu command

Delete Menu lets you remove a menu from the current cookbook. Be careful using this command; once you delete a menu from a cookbook, you can't retrieve it.

MenuMaker Menu

MenuMaker Nutritional Information command

Nutritional Information displays a dialog box showing a per-serving nutritional breakdown of the current menu.

If the menu is a meal plan, the nutritional information is further organized by day (Day 1, Day 2, etc.) and by meal. You can choose to display information for individual meals and/or for the entire day for every day in the meal plan.

[MenuMaker Menu](#)

MenuMaker Shopping List command

The Shopping List command displays a dialog box showing a list of all the ingredients used by all the recipes in the current menu and lets you print the list if you wish.

If you wish to include items from your basic shopping list those items you purchase regularly choose the check box labelled "Basic Shopping List."

MenuMaker Menu

Options Menu

The Options menu contains a number of useful features to help you both cook more efficiently and "customize" MasterCook PC to suit your personal taste.

<u>Wine List...</u>	Maintains a wine list
<u>Glossary...</u>	Instant definitions of many cooking terms
<u>Yields & Equivalents...</u>	Cross-reference for translating between different measurement units
<u>Nutrition...</u>	Lets you display and modify nutritional information for items in the MasterCook PC food list
<u>Substitutions...</u>	A handy reference of substitutions for a variety of common recipe ingredients
<u>Spices...</u>	Provides suggestions on combining spices with popular foods
<u>Basic Shopping List...</u>	Lets you create and edit a list of food items you purchase on almost every trip to the grocery store
<u>Categories...</u>	Lets you add, remove, and rename categories in the current cookbook
<u>Preferences...</u>	Lets you custom-configure MasterCook PC

MasterCook PC Command Reference

Options Wine List command

The Wine List command lets you keep track of a personal wine list. You can track wines based on their name, type, color, and year; maintain the number of bottles of each wine you have on hand; and keep notes on the wine. The wine can be printed by color, name, type, and year, in that order.

Options Menu

Options Glossary command

The Glossary command provides you with instant access to definitions for almost 400 cooking and food terms.

[Options Menu](#)

Options Yields & Equivalents command

Yields & Equivalents provides a cross-reference for translating between different measurement units of a given foodstuff or ingredient.

[Options Menu](#)

Options Nutrition command

The Nutrition command provides nutritional information on any item in the MasterCook PC food list. In addition, you can enter food items and nutritional information into the food list with this command.

Options Menu

Options Substitutions command

The Substitutions command provides a handy reference of substitutions for a variety of common recipe ingredients. Use these substitutes for ingredients that you (or those you are serving) can't eat or for ingredients that you don't have on hand when preparing a recipe.

Please note, however, that the substitutions provided by MasterCook PC are at best only approximate substitutes to be used in the preparation of your recipes. The nutritional and caloric values of your recipes may be significantly affected and will require recalculation if accuracy is to be maintained. Taste and texture will also be affected, but (it is hoped) less dramatically.

[Options Menu](#)

Options Spices command

The Spices command provides you with suggestions for combining common spices with popular foods.

MasterCook PC offers suggestions for using spices in one of two ways: you can either view suggestions for a specific spice or you can display suggested spices for use with a specific foodstuff.

[Options Menu](#)

Options Basic Shopping List command

The Basic Shopping List command lets you create and edit a shopping list of staple foods and non-food items that you purchase on almost every trip to the grocery store. The items on this list can be added to the shopping lists you create for recipes and menus.

Options Menu

Options Categories command

The Categories command lets you add, remove, and rename categories for the current cookbook.

[Options Menu](#)

Options Preferences command

The Preferences command lets you custom-configure your version of MasterCook PC. Specifically, this command lets you choose which measurement units the program is to use for recipes, whether to print detailed or summary shopping lists, whether to display the master food list when adding and editing recipes, and whether to display the amounts as common fractions or decimals.

[Options Menu](#)

Window Menu

MasterCook PC uses the standard Window menu. The top portion of this menu contains commands for manipulating document windows in MasterCook PC: Cascade, Arrange Icons, and Close All. For more information about these commands and the Window menu, see the *Microsoft Windows User's Guide*, published by Microsoft Corporation. The Windows User's Guide is the manual that came with your copy of Microsoft Windows.

The lower portion of the Window menu lists all open MasterCook PC document windows. The first document in this list will always be the current cookbook. Following the cookbook name is a list of open documents in the order in which they were opened. These document names are preceded by their document type: if a document is a recipe, the recipe name is preceded by "Recipe: "; if the document is a menu, it appears on the Window menu as "Menu:" followed by the menu name.

[MasterCook PC Command Reference](#)

Help Menu

MasterCook PC uses Windows Help to provide quick, convenient access to information on using MasterCook PC. For information on using Windows Help, see "Using Windows Help," in *Microsoft Windows User's Guide*, published by Microsoft Corporation, or choose the Help menu's own "Using Help" command.

[MasterCook PC Command Reference](#)

MasterCook PC Application Limits

The following table lists the limitations for MasterCook PC recipes, menus, and cookbooks.

Maximum number of:

Recipes per cookbook	1000
Recipes open at one time	5
Menus open at one time	3
Categories per recipe	10
Categories per cookbook	200
Maximum recipe serving size	999

MasterCook PC Keyboard & Mouse

[MasterCook PC Power Keys](#)

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For information on how to use Help, press F1 or choose Help Using Help.

Standard Windows Power Keys

Press this key	To do this
ALT	Used in conjunction with other keys to choose menus and execute commands
CTRL	Used in conjunction with the mouse and other keys to perform a task
DIRECTION Keys	To move up, down, left, and right in text To move within a group of similar objects (such as check boxes, items in a list box or drop-down list, etc.)
ENTER	To choose a selected button and complete the button's function
ESC	To cancel a dialog box
SHIFT	Used in conjunction with other keys to perform a task
SPACEBAR	To choose a selected button and complete the button's function
TAB	To choose an item highlighted by the <u>selection cursor</u>
SHIFT-TAB	To move from one object or object group to another (such as buttons, text boxes, etc.) To move backward from one object or object group to another

[Keyboard Index](#)

MasterCook PC Power Keys

Use this key	To perform this task
ALT-L	To close a window or cancel a dialog box (ESC only cancels dialog boxes)
ALT-O	To choose the OK button (ENTER only chooses OK if OK is the currently selected button)
SHIFT-SPACEBAR	To choose the currently selected item from a drop-down alphabetical list
ALT-A	To create a nutritional association for the current ingredient (only when in the Ingredient column of a recipe window)
ALT-N	To display the nutritional information for the current ingredient (only when in the Ingredient column of a recipe window)
ALT-D	To display the Directions text box in a recipe window
ALT-C	To display the Categories dialog box in a recipe window
CTRL-RIGHT ARROW	To leave the Ingredients area in the recipe window and move forward to the Directions area
CTRL-LEFT ARROW	To leave the Ingredients area in the recipe window and move back to the Categories area

[Keyboard Index](#)

MasterCook PC Special Mouse Functions

**Double-click
an ingredient name**

To create a nutritional association for the current ingredient

**Click the right button
on an ingredient**

To display the nutritional information for the current ingredient

CTRL-Click

Hold down the CTRL key and click an ingredient name in the drop-down master food list to create a nutritional association for the current ingredient

[Keyboard Index](#)

Standard Windows Keys for Moving Within Text

Press this key	To move to
RIGHT ARROW	The next character
LEFT ARROW	The previous character
CTRL-RIGHT ARROW	The next word
CTRL-LEFT ARROW	The previous word
DOWN ARROW	The next line
UP ARROW	The previous line
END	The end of the line
HOME	The beginning of the line
PAGE DOWN	The next window
PAGE UP	The previous window
CTRL-END	The end of the text area
CTRL-HOME	The beginning of the text area

[Keyboard Index](#)

Standard Windows Keys for Editing Text

Press this key	To perform this task
BACKSPACE	To erase the character or selected text to the left of the <u>insertion point</u>
DELETE	To erase the character or selected text to the right of the <u>insertion point</u>
SHIFT-DELETE	To delete selected text and place it on the Clipboard (the same as choosing Cut from the Edit menu)
CTRL-INSERT	To make a copy of the selected text and place it on the Clipboard (the same as choosing Copy from the Edit menu)
SHIFT-INSERT	To insert the contents of the Clipboard at the insertion point or replace the selected text with the Clipboard contents (the same as choosing Paste from the Edit menu)
ALT-BACKSPACE	Reverses the previous editing operation (the same as choosing Undo from the Edit menu)

[Keyboard Index](#)

Standard Windows Keys for Selecting Text

Press this key	To
SHIFT-RIGHT ARROW	Extend the selection to the next character
SHIFT-LEFT ARROW	Extend the selection to the previous character
CTRL-SHIFT-RIGHT ARROW	Extend the selection to the next word (if the next word is already selected, this cancels the selection)
CTRL-SHIFT-LEFT ARROW	Extend the selection to the previous word (if the previous word is already selected, this cancels the selection)
SHIFT-DOWN ARROW	Extend the selection to the next line (if the next line is already selected, this cancels the selection)
SHIFT-UP ARROW	Extend the selection to the previous line (if the previous line is already selected, this cancels the selection)
SHIFT-END	Extend the selection to the end of the line
SHIFT-HOME	Extend the selection to the beginning of the line
SHIFT-PAGE DOWN	Extend the selection down one window (if the next window is already selected, this cancels the selection)
SHIFT-PAGE UP	Extend the selection up one window (if the previous window is already selected, this cancels the selection)
CTRL-SHIFT-END	Extend the selection to the end of the document
CTRL-SHIFT-HOME	Extend the selection to the beginning of the document

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MasterCook PC Basics

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For information on how to use Help, press F1 or choose Help Using Help.

Recipes

Everything you do in MasterCook PC revolves around creating and maintaining recipes. With MasterCook PC, you can:

- * Store all your favorite recipes on disk
- * Search and find recipes instantly
- * Create nutritional profiles of recipes
- * Print shopping lists for recipes
- * Scale recipes for different serving amounts

When you create a new MasterCook PC recipe or retrieve an existing one, it appears in a window on your screen as a sort of modified recipe card. You can open up to five recipes at one time, and "flip through" recipe windows as you would through recipe cards.

[MasterCook PC Basics](#)

Cookbooks

Recipes are stored in files on disk called cookbooks. To look for and display recipes with MasterCook PC, you first open a cookbook--just as you look for recipes in real life by opening a physical cookbook. You can have as many cookbooks as you have disk space for, and the recipes in each cookbook can be organized according to whatever categories you choose. Within each cookbook there may be as many as 1000 recipes.

[MasterCook PC Basics](#)

Menus

As in real life, recipes can be grouped together in menus. Like MasterCook PC cookbooks, MasterCook PC menus are files saved on disk. MasterCook PC menus, however, consist of recipes from a single cookbook, and a menu can only be opened when its parent cookbook is open.

There are two types of menus: single-meal menus and meal plans. You can display per-serving nutritional information and print a shopping list for a menu.

MasterCook PC Basics

Recipe Categories

Each MasterCook PC cookbook can have up to 200 categories and you can assign up to ten categories to a single recipe. You specify the categories you want for the cookbook when you create it. You can add categories to or delete categories from an existing cookbook using the Categories command on the Options menu.

MasterCook PC Basics

Nutrition Analysis

With MasterCook PC, you can prepare a nutritional analysis of a single recipe or an entire menu--or look up the nutritional content of individual foods--automatically, without scanning nutrition tables or doing a lot of complicated recipe math.

To provide this instant nutrition analysis, MasterCook PC maintains nutrient values for a list of over 1600 food items. This list, called the master food list, contains two types of components: the primary food items which are provided with the MasterCook PC program; and user food items, which consist of food items for which nutritional information is provided by the program's user. There is room in the food list for you to add about 300 user food items. In general, the distinction between primary and user food items is invisible to you while you're using the program. Together, the two groups of items form a single food list from which you can select ingredients for recipes.

You don't have to use MasterCook PC's food list to specify recipe ingredients. MasterCook PC allows you to type any ingredient you want in a recipe (provided its name is no longer than 42 characters, in which case you'll have to abbreviate). If you want, you can even tell MasterCook PC not to display the food list when you're creating recipes with the Preferences command on the Options menu. If MasterCook PC can't find the name of an ingredient in its food list, however, it can't provide you with nutritional information on that ingredient.

This doesn't mean that you have to use the master food list names for ingredients if you want to get nutritional profiles of your recipes, however. Besides using the food list names--in which case you can access the MasterCook PC nutrition information--or your own ingredient names--in which case you can't--there is a third way of entering ingredients that combines the two approaches. This third approach is called *creating an association* between an ingredient name and nutritional information for a food item in the list. This technique lets you type the ingredients for a recipe any way you want, then link ingredient names to nutritional information already maintained by MasterCook PC. See the MasterCook PC user manual for more information on creating associations.

[MasterCook PC Basics](#)

Shopping Lists

MasterCook PC automatically creates shopping lists for recipes and menus. To print a shopping list for a recipe, choose Shopping List from the Recipe menu; to print a menu's shopping list, choose Shopping List from the MenuMaker menu. You can print shopping lists in detail--including the amount of each ingredient needed--or you can print a summary shopping list, which lists just the names of the ingredients you need to purchase. The Preferences command on the Options menu lets you specify whether to print detailed or summary lists.

MasterCook PC Basics

Scaling Recipes

You can adjust the serving size of a recipe from the original serving amount to any new whole number using the Scale Recipe command on the Recipe menu. This command lets you specify a new serving size for a recipe and automatically adjusts the amounts of the ingredients required by the recipe. Note, however, that, for a variety of reasons related to food chemistry, some recipes simply cannot be reliably scaled. Many cooking experts warn against scaling complex recipes by more than a factor of two, and against scaling recipes for baked goods at all.

MasterCook PC Basics

Printing

Most printing in MasterCook PC is done with the Print command on the File menu; the exceptions to this rule are nutritional profiles and shopping lists, which are printed using the Print buttons in their respective dialog boxes. The Print command varies with the current active window. If the current window is the cookbook window, an index of the cookbook is printed. If the active window is a recipe window, the recipe is printed; you also have the option of printing a nutritional profile and/or shopping list with the recipe. If the active window is a menu, the menu is printed; again, you also have the option of printing nutritional profiles and/or a shopping list with the menu.

MasterCook PC Basics

MasterCook PC Terms and Definitions

Active window

Drop-down list

Icon

Insertion point

Master food list

Meal plan

Primary food items

Scroll bar

Selection cursor

Single-meal menu

User food items

For information on how to use Help, press F1 or choose Help Using Help.

Single-meal menu

A collection of complementary recipes grouped together to form a single meal. For example, you could group an appetizer, a soup or salad, a main course, a dessert, and a beverage into a single-meal menu. You would use this type of menu to prepare a special or complex meal.

Meal plan

A menu for a variable number of meals for a variable number of days. A meal plan can consist of from one meal to three meals-and-a-snack per day, for up to 31 days. Meal plans may be used to plan diets or family meals for extended periods of time.

Primary food items

The nutrition information for primary food items comes from United States Department of Agriculture ("U.S.D.A.") research publications. For the purposes of the nutritional research in the publications used, the U.S.D.A. attempted to use standard (if not always average) quantities in common household measurement units of the most commonly eaten foods prepared in the most typical fashions.

User food items

Food items for which you, the user, provide nutritional information using the Nutrition command on the Options menu.

Drop-down list

A rectangular box that opens from a text box as you type. An item in the list most closely matching the letters you type in the text box appears highlighted to indicate that it is the current selection. You can scroll a drop-down list using the list's scroll bar or by using the DIRECTION (ARROW) keys.

Scroll bar

A shaded area of a window bounded by arrow icons that lets you move parts of a document into view when the entire document won't fit in the window. A scroll bar also lets you view unseen portions of lists and other information too large to fit in the allotted space.

Active window

The window you're currently working in. The active window's title bar is a different color or intensity, to distinguish it from other, inactive windows. The active window always appears in the foreground and cannot be covered by any other window, which means it may overlap inactive windows.

Selection cursor

A graphic indicator showing where you are in a document or window. In text, the selection cursor appears as an I-beam; in a list, it appears as a bar highlighting an item by showing the item text in inverse on a dark background; in a group of control objects--such as buttons, check boxes, or radio buttons--it appears as a dotted line around the object.

Insertion point

The flashing vertical bar that appears in a text area to mark the place where text will appear when you type. As you type, characters always appear to the left of the insertion point.

Master Food List

A list of food items for which MasterCook PC maintains nutritional information. This list appears in a drop-down list in the recipe window. By choosing an ingredient from this list, you provide MasterCook PC with nutritional information for the ingredient.

Icon

A graphic representation for various elements in Windows. Icons are used to represent running applications, groups, and program items in Program Manager. For example, a graphic of a chef's hat, or *toque*, represents the MasterCook PC application.

Basic Shopping List

MasterCook PC allows you to maintain (with a Basic Shopping List command on the Options menu) a list of foods and non food items that you purchase on almost every trip to the grocery store. The items on this list can be added to the shopping lists you create for recipes and menus.

