

ANSWER SHEET

Activity 2 – Ingredient Quantity Guides

- This activity expands upon activity 1 as you will be required to calculate the quantities of ingredients required to meet the following serves, in the **lunch** meal on your selected one-day menu:
- 1 children's serve of lean meat or alternative per child
- 1 children's serve of vegetables per child
- 1 children's serve of grain (cereal) foods per child

To calculate the quantities required, this activity will involve the *ingredient quantity guides*. These guides identify the quantity of common foods in each food group that are needed to meet the required serves, depending on the number of children at your service. There is an ingredient quantity guide for each food group and the calculations for number of children your service provides for goes up to 250.

Required Resources

- A recipe for 1 lunch meal including all ingredients, quantities and how many children it serves
- [Ingredient quantity guide for 5-60 children](#)
- [Ingredient quantity guide for 60-250 children](#)

Objectives

- Understand the quantities required to meet 1 children's serve of:
 - Lean meat or meat alternatives
 - Vegetables and legumes
 - Grain (cereal) foods
- Identify the quantity of food for each of the above food groups for one of your lunch meals.

Questions

1. Use the ingredient quantity guides (see appendix 1-6) to calculate the quantity of food required to meet 1 children's serve of each of the following food groups for one of the lunch meals on your menu:
 - a) Lean meat or meat alternatives
 - b) Vegetables and legumes
 - c) Grain (cereal) foods.

Please note: Let the cooks know that lunch does not *have* to provide one serve of lean meat or meat alternatives, vegetables and legumes, and grain (cereal) foods; however, to make it easier to meet the overall number of serves required for all food groups between morning tea, lunch, and afternoon tea, it can be helpful to aim for lunch meet the amounts described in this activity.

Example information:

- My day care serves **80 children** on Monday
- Monday lunch is **beef and veggie stir fry**.

Important things to note:

- The original beef and veggie stir fry recipe used in this example does not meet the required serves (intentionally)
- This example will help you demonstrate how to adjust an existing recipe to meet the required serves per food group per child.
- Olive oil and Hoisin sauce are not part of the required food groups in this activity.

Calculation method:

- Food group requirement for 1 serve X number of children = ingredient quantity in recipe
- 1 serve of lean red meat (raw) is 50g X 80 children = 4kg (see ingredient quantity guide in appendices)
- Original recipe has 3.5kg of beef so an additional 500g of beef must be added to provide 1 serve of lean meat or meat alternatives per child for lunch.

Example beef and veggie stir fry recipe

Ingredients	Original quantity (serves 80 children)	Food group	Adjusted quantity (serves 80 children and provides 1 children’s serve per food group per child)
Brown rice (uncooked)	2kg	Grains	2.4kg
Cabbage	2.4kg (approx. 2 medium)	Vegetables	2kg
Red capsicum	1.7kg (approx. 8 medium)	Vegetables	2kg
Broccoli florets	3kg	Vegetables	2kg
Olive oil	3 tablespoons	N/A	
Lean beef strips	3.5kg	Meat	4kg
Garlic, crushed	15g (3 cloves)	Vegetables	15g (3 cloves)
Hoisin or plum sauce	125mL	N/A	

Full workings for 80 children

Calculating 1 serve of lean meat and meat alternatives

Ingredient: Beef Strips

- To meet 1 children's serve of meat for 80 children, we need to multiply the number of children by the quantity of meat that equals 1 serve
- 50g raw beef strips (1 serve) x 80 children = 4kg.
- The original recipe listed 3.5kg of beef, so an additional 500g of beef will need to be added to meet the requirements for 1 children's serve of meat.

Calculating 1 serve of vegetables

Ingredients: cabbage, red capsicum, broccoli (garlic discussed below)

- To meet 1 children's serve of vegetables for 80 children we need to multiply the number of children by the quantity of vegetables that equals 1 serve
- 75g vegetables (1 serve) x 80 children = 6kg of vegetables
- There are 3 types of vegetables in this recipe so 6kg could be divided into 2kg per each vegetable (2kg cabbage + 2kg red capsicum + 2kg broccoli = 6kg vegetables), or however cooks would like to divide it; just needs to be a total of 6kg of vegetables.
- The original recipe had 7.3kg of vegetables (1.3kg more than what is required to meet 1 serve per child), so it does not need to be modified.

A note on garlic

- Garlic contributes to vegetable serves but is often used in very small quantities so its contribution to the vegetable serve is minor. Cooks may include the quantity of garlic in their calculations of vegetable serves, but it is not necessary due to the negligible amount.
- In the example above, 3 cloves (15g) of garlic would only add 0.0025 (0.2%) of a serve of vegetables to the recipe.

Calculating 1 serve of grains

Ingredients: Rice

- To meet 1 children's serve of grains for 80 children we need to multiply the number of children by the quantity of rice that equals 1 serve
- 30g rice (uncooked) (1 serve) x 80 children = 2.4kg rice (uncooked).
- The original recipe listed 2kg of rice, so an additional 400g would need to be added to meet the requirement of 1 children's serve grains.

Facilitated discussion questions and answers

1. Using the ingredient quantity guides, can you identify how much pasta is required to meet 1 children's serve of grains for 120 children?
3.6kg (dry weight)
2. Do you need to make changes to your current recipe to meet the quantity of food required to meet each food group?
Answers will depend on cooks' menus and recipes.
3. Can anyone tell me how to calculate the serves required if the number of children you provide for is not listed in the ingredient quantity guide? For example 86 children.
You can use the number provided in the "what is 1 children's serve column", relevant to the food you are using in your meal and multiply by the number of children.

For example, if we choose beef from the Beef and veggie stirfry recipe above, you multiply the quantity in the "what is 1 children's serve column" (50g raw beef), by the number of children your menu provides for (86 children):

$50g \times 86 \text{ children} = 4.3\text{kg raw beef}$

4. For a follow-on activity, you could ask cooks to look at their morning tea and afternoon tea for the same day as their chosen lunch meal for this activity and calculate the remaining serves required:
 - a. 1 serve fruit
 - b. 1 serve grains
 - c. 2 serves milk, yoghurt, cheese or alternatives
 - d. 0.5 serves of vegetables.

Note: Minimum amount of vegetables per day is 1 serve, so they already meet the guidelines if lunch provides 1 serve, but ideally an additional half a serve of vegetables is also provided at other meal/snack times.

Answer will depend on each menu.