

Cooks Connect Mini PD Session 1

Understanding the Menu planning guidelines for long day care

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 using 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](#) (See appendices)
- [Ingredient quantity guide for 60-250 children](#) (See appendices).

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.

Appendices

	What is 1 children's serve?	5 children	10 children	20 children	30 children	40 children	50 children	60 children
Lean red meat, pork, poultry (raw)	50g boneless	250g	500g	1kg	1.5kg	2kg	2.5kg	3kg
Lean red meat (cooked)	30g	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
Poultry (cooked, skin off)	40g	200g	400g	800g	1.2kg	1.6kg	2kg	2.4kg
Fish (raw)	60g	300g	600g	1.2kg	1.8kg	2.4kg	3kg	3.6kg
Fish (canned/ cooked)	50g	250g	500g	1kg	1.5kg	2kg	2.5kg	3kg
Egg	1 egg	5 eggs	10 eggs	20 eggs	30 eggs	40 eggs	50 eggs	60 eggs
Legumes (dry)	35g	175g	350g	700g	1.05kg	1.4kg	1.75kg	2.1kg
Legumes (cooked/tinned, drained weight)	85g (½ cup)	425g (2½ cups)	850g (5 cups)	1.7kg (10 cups)	2.55kg (15 cups)	3.4kg (20 cups)	4.25kg (25 cups)	5.1kg (30 cups)
TVP*	20g	100g	200g	400g	600g	800g	1kg	1.2kg
Tofu	85g	425g	850g	1.7kg	2.55kg	3.4kg	4.25kg	5.1kg
Hummus	60g (¼ cup)	300g (1¼ cups)	600g (2½ cups)	1.2kg (5 cups)	1.8kg (7 cups)	2.4kg (9½ cups)	3kg (12 cups)	3.6kg (14 cups)

Appendix 1. Ingredient quantity guide for meat and meat alternatives – up to 60 children.

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Lean red meat, pork, poultry (raw)	50g boneless	3kg	4kg	5kg	6kg	7.5kg	10kg	12.5kg
Lean red meat (cooked)	30g	1.8kg	2.4kg	3kg	3.6kg	4.5kg	6kg	7.5kg
Poultry (cooked, skin off)	40g	2.4kg	3.2kg	4kg	4.8kg	6kg	8kg	10kg
Fish (raw)	60g	3.6kg	4.8kg	6kg	7.2kg	9kg	12kg	15kg
Fish (canned/ cooked)	50g	3kg	4kg	5kg	6kg	7.5kg	10kg	12.5kg
Egg	1 egg	60 eggs	80 eggs	100 eggs	120 eggs	150 eggs	200 eggs	250 eggs
Legumes (dry)	35g	2.1kg	2.8kg	3.5kg	4.2kg	5.25kg	7kg	8.75kg
Legumes (cooked/tinned, drained weight)	85g (½ cup)	5.1kg (30 cups)	6.8kg (40 cups)	8.5kg (50 cups)	10.2kg (60 cups)	12.75kg (75 cups)	17kg (100 cups)	21.25kg (125 cups)
TVP*	20g	1.2kg	1.6kg	2kg	2.4kg	3kg	4kg	5kg
Tofu	85g	5.1kg	6.8kg	8.5kg	10.2kg	12.75kg	17kg	21.25kg
Hummus	60g (¼ cup)	3.6kg (14 cups)	4.8kg (20 cups)	6kg (25 cups)	7.2kg (30 cups)	9kg (37½ cups)	12kg (50 cups)	15kg (62½ cups)

Appendix 2. Ingredient quantity guide for meat and meat alternatives – up to 250 children.

	What is 1 children's serve?	5 children	10 children	20 children	30 children	40 children	50 children	60 children
Bread (all types)	1 slice (40g)	5 slices (¼ loaf)	10 slices (½ loaf)	20 slices (1 loaf)	30 slices (1 ½ loaves)	40 slices (2 loaves)	50 slices (2½ loaves)	60 slices (3 loaves)
Pita bread	½ large pocket (40g)	2½ pockets (200g)	5 pockets (400g)	10 pockets (800g)	15 pockets (1.2kg)	20 pockets (1.6kg)	25 pockets (2kg)	30 pockets (2.4kg)
Breakfast cereal flakes	30g	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
Breakfast cereal (wheat biscuits)	2 Weetbix™	10 Weetbix™	20 Weetbix™	40 Weetbix™	60 Weetbix™	80 Weetbix™	100 Weetbix™	120 Weetbix™
Bread roll	½ medium	2½ rolls	5 rolls	10 rolls	15 rolls	20 rolls	25 rolls	30 rolls
Pasta/noodles/rice/cous cous	30g dry	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
Flour	¼ cup(35g)	1¼ cups (175g)	2½ cups (350g)	5 cups (700g)	7½ cups (1.05kg)	10 cups (1.4kg)	12½ cups (1.75kg)	15 cups (2.1kg)
Cracker biscuit/ crisp bread	35g	175g	350g	700g	1.05kg	1.4kg	1.75kg	2.1kg
Crumpet/ English muffin	1 crumpet/ small muffin	5	10	20	30	40	50	60

Appendix 3. Ingredient quantity guide for grain (cereal) foods – up to 60 children.

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Bread (all types)	1 slice (40g)	60 slices (3 loaves)	80 slices (4 loaves)	100 slices (5 loaves)	120 slices (6 loaves)	150 slices (7½ loaves)	200 slices (10 loaves)	250 slices (12½ loaves)
Pita bread	½ large pocket (40g)	30 pockets (2.4kg)	40 pockets (3.2kg)	50 pockets (4kg)	60 pockets (4.8kg)	75 pockets (6kg)	100 pockets (8kg)	125 pockets (10kg)
Breakfast cereal flakes	30g	1.8kg	2.4kg	3kg	3.6kg	4.5kg	6kg	7.5kg
Breakfast cereal (wheat biscuits)	2 Weetbix™	120 Weetbix™	160 Weetbix™	200 Weetbix™	240 Weetbix™	300 Weetbix™	400 Weetbix™	500 Weetbix™
Bread roll	½ medium	30 rolls	40 rolls	50 rolls	60 rolls	75 rolls	100 rolls	125 rolls
Pasta/noodles/rice/cous cous	30g dry	1.8kg	2.4kg	3kg	3.6kg	4.5kg	6kg	7.5kg
Flour	¼ cup(35g)	15 cups (2.1kg)	20 cups (2.8kg)	25 cups (3.5kg)	30 cups (4.2kg)	37 ½ cups (5.25kg)	50 cups (7kg)	62 ½ cups (8.75kg)
Cracker biscuit/ crisp bread	35g	2.1kg	2.8kg	3.5kg	4.2kg	5.25kg	7kg	8.75kg
Crumpet/ English muffin	1 crumpet/ small muffin	60	80	100	120	150	200	250

Appendix 4. Ingredient quantity guide for grain (cereal) foods – up to 250 children.

	What is 1 children's serve?	5 children	10 children	20 children	30 children	40 children	50 children	60 children
Vegetables (fresh/frozen)	75g	375-500g	750g-1kg	1.5-2kg	2.25-3kg	3-4kg	3.75-5kg	4.5-6kg
Vegetables (cooked/tinned, drained)	½ cup	2½ - 3¾ cup	5-7½ cups	10-15 cups	15-22½ cups	20-30 cups	25-37½ cups	30-45 cups
Vegetables (salad)	1 cup	5-7½ cups	10-15 cups	20-30 cups	30-45 cups	40-60 cups	50-75 cups	60-90 cups
Legumes (dry)	30g	150-225g	300-450g	600-900g	900g-1.3kg	1.2-1.8kg	1.5-2.25kg	1.8-2.7kg
Legumes (cooked/tinned, drained weight)	75g (½ cup)	375-500g	750g-1kg	1.5-2kg	2.25-3kg	3-4kg	3.75-5kg	4.5-6kg

Appendix 5. Ingredient quantity guide for grain (cereal) foods – up to 60 children.

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Vegetables (fresh/frozen)	75g	4.5-6kg	6-8kg	7.5-10kg	9-12kg	11.25-15kg	15-20kg	18.75-25kg
Vegetables (cooked/ tinned, drained)	½ cup	30-45 cups	40-60 cups	50-75 cups	60-90 cups	75-112 ½ cups	100-150 cups	125-187 ½ cups
Vegetables (salad)	1 cup	60-90 cups	80-120 cups	100-150 cups	120-180 cups	150-225 cups	200-300 cups	250-375 cups
Legumes (dry)	30g	1.8-2.7kg	2.4-3.6kg	3-4.5kg	3.6-5.4kg	4.5-6.75kg	6-9kg	7.5-11.25kg
Legumes (cooked/tinned, drained weight)	75g (½ cup)	4.5-6kg	6-8kg	7.5-10kg	9-12kg	11.25-15kg	15-20kg	18.75-25kg

Appendix 6. Ingredient quantity guide for vegetables and legumes – up to 250 children.

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