

## ANSWER SHEET

### Activity 2 – The FoodChecker report

This activity looks at the FoodChecker menu assessment report for long day care. In this activity we will explore some key features of the report, such as the food group bar chart that demonstrates how many serves of each food group are required, per child, per day, and how many serves your menu provided and the specific feedback that details the menu changes required in order to meet the Menu planning guidelines for long day care.

This activity sheet will also help you apply feedback from the report to a sample menu in order to make the appropriate changes required to meet the Menu planning guidelines for long day care.

### Objectives

- Know how to read the menu assessment report food group bar chart and understand what food groups serves need to be increased, and by how much.
- Learn how to apply the food group feedback to the menu.
- Know how to use the ingredient quantity guide to calculate the additional quantity of food that is needed to meet the food group serve requirements.
- Learn how to read and apply the feedback and menu changes required.

## Question 1

**Chart 1** below shows the bar chart in the FoodChecker menu assessment report that demonstrates how many serves of each food group are required, per child, per day and how many serves your menu provides.

- The dark green bars show the minimum number of serves required for each food group, lean meat and meat alternatives, fruit, vegetables and legumes, milk, yoghurt, cheese and alternative and grain (cereal) foods.
- The light green bars show the number of serves the menu assessed provides.

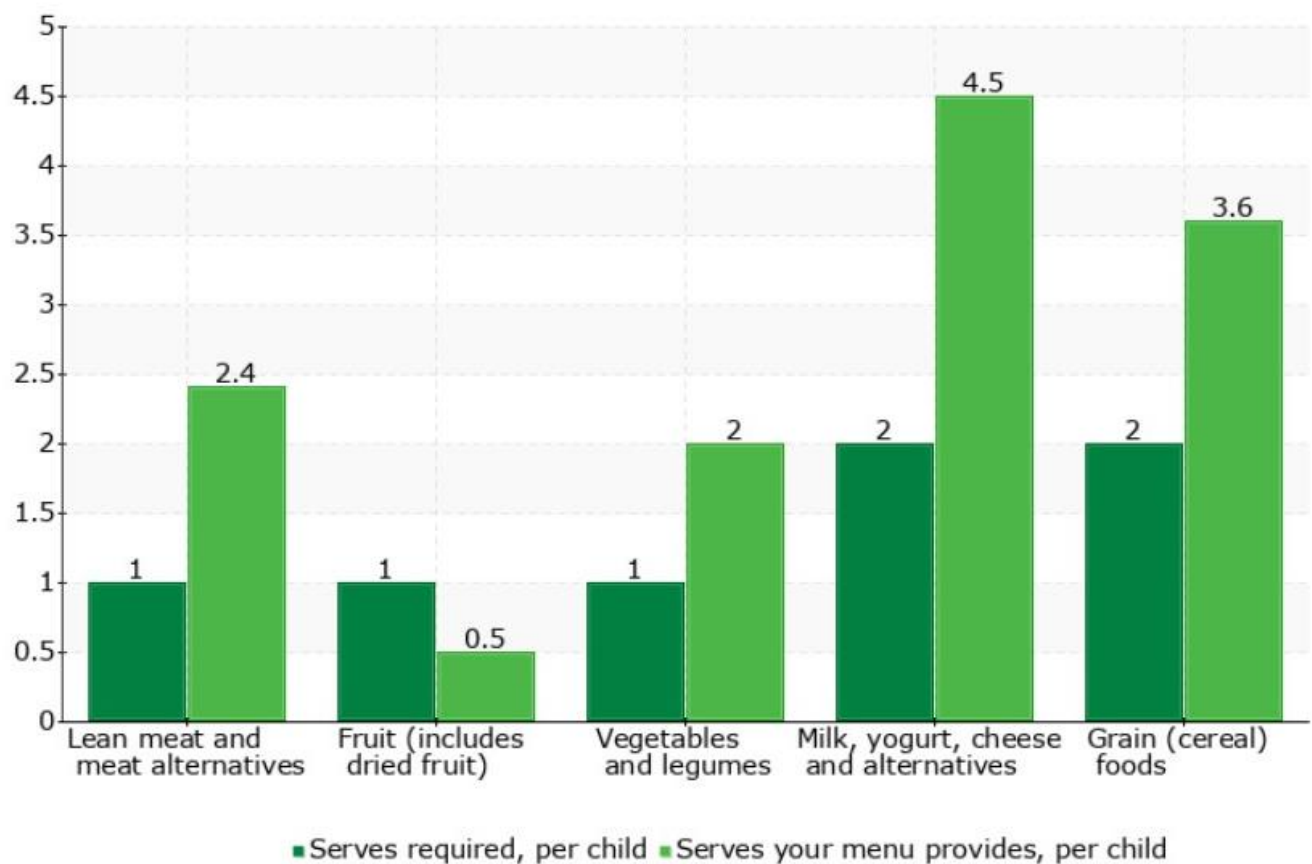
For example, for grain (cereal) foods, the dark green bar shows that **2 serves are required**. The light green bar shows that **3.6 serves are provided** in this menu. This meets the required serves for the grains food group.

Use **Chart 1: your menu compared to serving requirements** below to answer the following question:

**Which food group does this menu need to increase and by how many serves?**

**Fruit.** An additional 0.5 serves of fruit are needed to meet the 1 serve required.

**Chart 1: Your menu compared to serving requirements**



## Question 2

**Table 2** shows one day of the menu used in this assessment. In question 1 above, we identified that this menu needs an additional 0.5 serves of fruit per child to meet the *Menu planning guidelines for long day care*. Suggest ways in which this menu can increase the serves of fruit.

**Please note:** There isn't necessarily a right or wrong way to answer this question. In this exercise, we are looking for the cooks to think about different ways they can apply the change required to the menu and increase the serves of fruit.

**Table 2: Winter Week 1 Menu**

Winter Week 1 Menu - Thursday		Suggestions to increase serves of fruit
<b>Morning tea</b>	Platter with rice crackers, hummus, cheese, cucumber slices, capsicum slices, strawberries, banana, and kiwi fruit	<ul style="list-style-type: none"> <li>• Increase the amount of strawberry, banana and/or kiwi at morning tea</li> <li>• Add an extra type of fruit at morning tea, for example orange</li> </ul>
<b>Lunch</b>	Beef San Choy Bao with rice noodles	
<b>Afternoon tea</b>	Raisin Toast with Ricotta Cheese	<ul style="list-style-type: none"> <li>• Add fruit to the raisin toast with ricotta cheese, such as blueberries on top or sliced apple on the side.</li> </ul>
<b>Drinks</b>	Water, milk	

### Question 3

**Table 3** shows the ingredient quantity guide for fruit. As previously identified, this menu needs an additional 0.5 children’s serves of fruit per child to meet the *Menu planning guidelines for long day care*. Using the ingredient quantity guide, calculate the quantity of fruit required to meet the additional 0.5 children’s serves that are needed to meet the *Menu planning guidelines for long day care* if the menu serves 100 children.

1 serve = 75g, so 0.5 serve = half of 75g = 37.5g X100 children = 3.75kg of additional fruit required.

**Please note:** If a question is asked about what to do if your menu serves a number of children that is **not** listed in the ingredient quantity guide, for example 97 children, you can explain how to multiply the number of children the menu serves by the 1 serve amount.

For example: 97 children X 75g (1 serve fruit) = 7.28kg

**Table 3: Ingredient quantity guide for fruit**

	What is 1 children’s serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Fruit (fresh/ frozen)	75g (½ med piece)	4.5kg (30 pieces)	6kg (40 pieces)	7.5kg (50 pieces)	9kg (60 pieces)	11.25kg (75 pieces)	15kg (100 pieces)	18.75kg (125 pieces)
Fruit (cooked/ tinned, drained)	½ cup	30 cups	40 cups	50 cups	60 cups	75 cups	100 cups	125 cups
Dried fruit**	15g	75g	150g	300g	450g	600g	750g	900g

### Question 4

**Table 4** shows an example of feedback from the FoodChecker report that identifies menu changes required to meet the *Menu planning guidelines for long day care*. Using this table, identify the food that needs to be removed from this menu and suggest a healthier alternative ingredient that could be used in its place.

Vegetable stock powder or cube needs to be removed from the menu. A healthier alternative that meets the Menu planning guidelines would be a salt-reduced vegetable stock powder, cube or liquid.

**Table 4: Healthy menu changes required**

Guidelines categories	Feedback
Discretionary items	Stock, vegetable, dry powder or cube – Commercial stocks are very high in salt. Replace with reduced salt stock as a healthier option.

## Facilitated discussion questions

You may use as few or as many of the discussion questions as you would like.

1. The bar charts in the report show the number of serves of each food group that are required and the number of serves that your menu provides. In the activity we identified that the serves of fruit provided were lower than the number required. Do you think it is an issue if the serves provided are *higher* than the serves required?

ANSWER: in terms of meeting the Menu planning guidelines for long day care, no, the serves provided can be high than what is required. The required number of serves are the **minimum**. However, it is helpful to look at where your menu may provide significantly higher serves than what is required as this could potentially lead to greater food waste and excess cost of foods.

2. Using the answer to the above question and the picture of the bar charts from the report shown in the activity sheet, what food groups could this service reduce in order to reduce costs and potential food waste?

ANSWER: Milk and milk alternatives are provided at a significantly greater amount than required to meet the guidelines. This may be an area to review, as well as grains and lean meats.

3. What are some strategies you use to make it easier to apply the changes required that are listed in your FoodChecker report to your menu? Do you use the ingredient quantity guides to calculate the quantity of additional food required? *For the group to discuss and share knowledge, there is no correct answer. If some members missed Mini PD Session 1: Understanding the Menu planning guidelines for long day care you might like to share the instructional videos with them.*

4. What are some common discretionary foods that have been identified in your menu assessment reports and what substitutions do you use in order to meet the Menu planning guidelines for long day care? *For the group to discuss and share knowledge, there is no correct answer, however it is worth reminding the group of HEAS' website full of recipes and menu planning resources to find ideas and inspiration.*

5. Is there any feedback you have received in a FoodChecker report for your previous assessments that you have been unsure about that you would like to discuss with the group? *For the group to discuss and share knowledge, there is no correct answer, however it is worth reminding the group of HEAS' Infoline support service to get further help.*

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