

Quantities

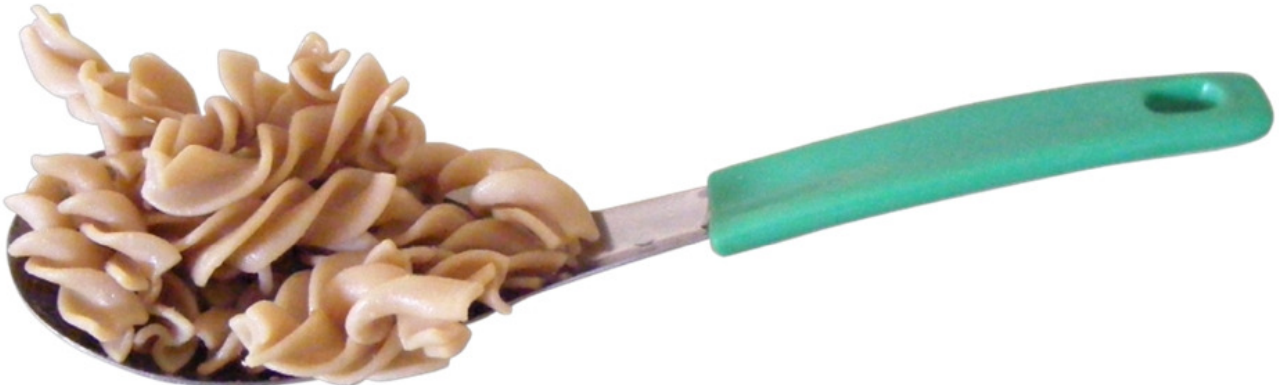


Pasta – Serving spoon less than 1 serve

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Pasta – Heaped serving spoon about 1 serve

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Pasta – $\frac{3}{4}$ of a metric cup 1 serve

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Serving spoon = 1 serve of rice, vegetables or meat

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Serving spoon = 1 serve of rice,
vegetables or meat

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Serving spoon = 1 serve of rice,
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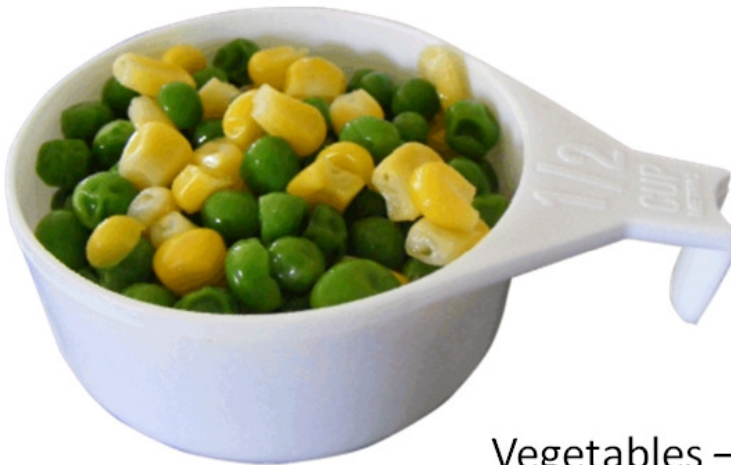


Rice – $\frac{1}{2}$ of a metric cup 1 serve

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Vegetables – $\frac{1}{2}$ of a metric cup 1 serve

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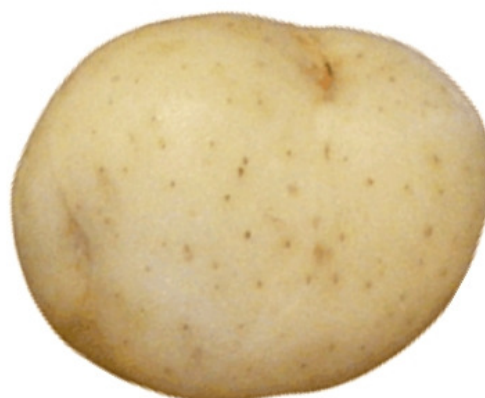


Salad – **1** metric cup
1 serve

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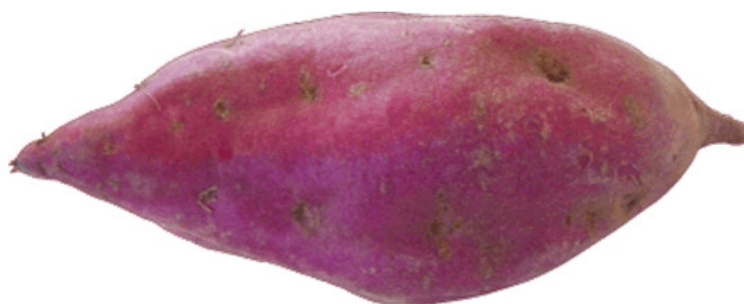


1 medium potato –1 serve

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1 medium sweet potato –1 serve

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Sweet potato –1 serve

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1 packet of frozen veg =
1 ½ mugs = 7 ½ serves

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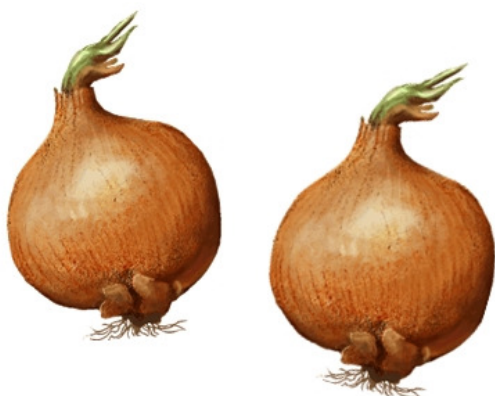


1 packet of frozen veg =
1 ½ mugs = 7 ½ serves

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2 medium onions = ½ mug = 1 ¾ serves

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$\frac{1}{4}$ cabbage = 2 mug = 5 serves

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Medium sized broccoli =
2 mug = 5 serves

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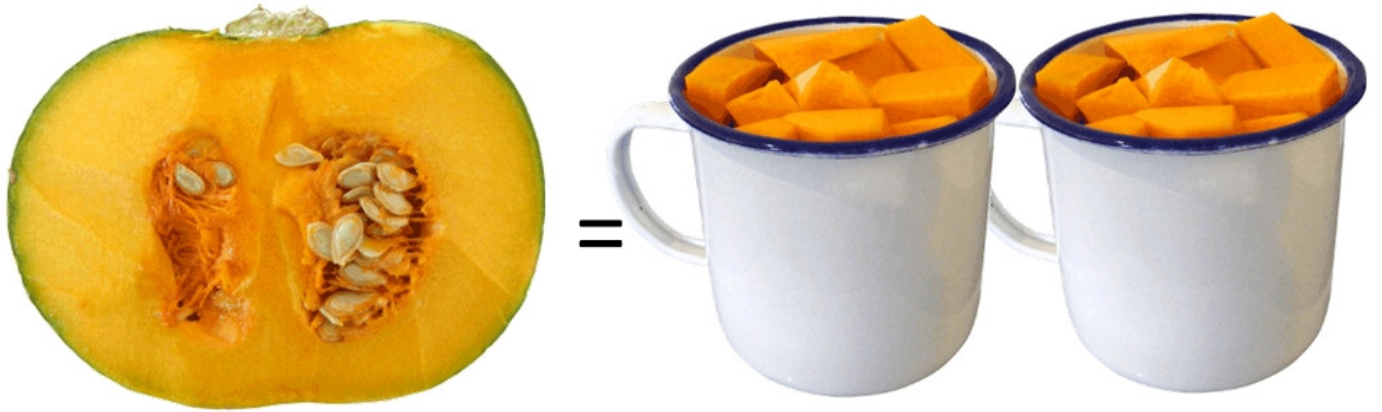


$\frac{1}{2}$ medium sized cauliflower =
2 mug = 5 serves

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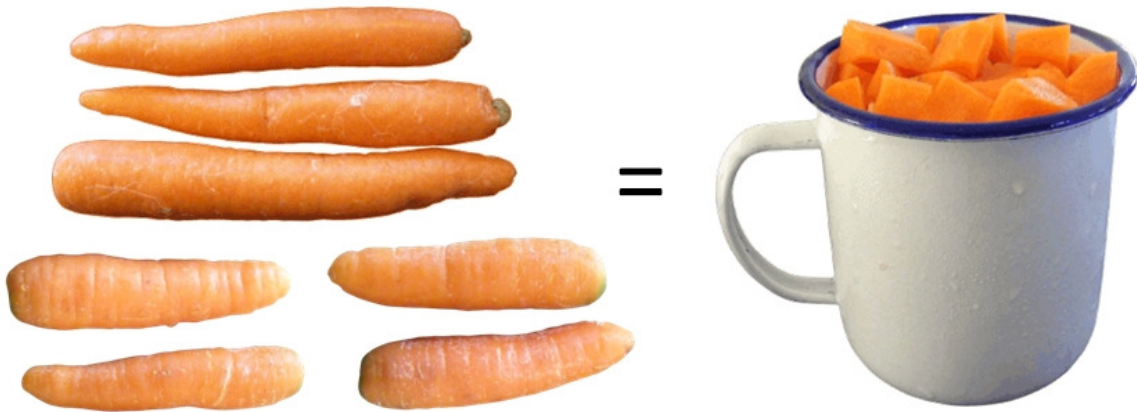


$\frac{1}{2}$ small pumpkin = 2 mug = 5 serves

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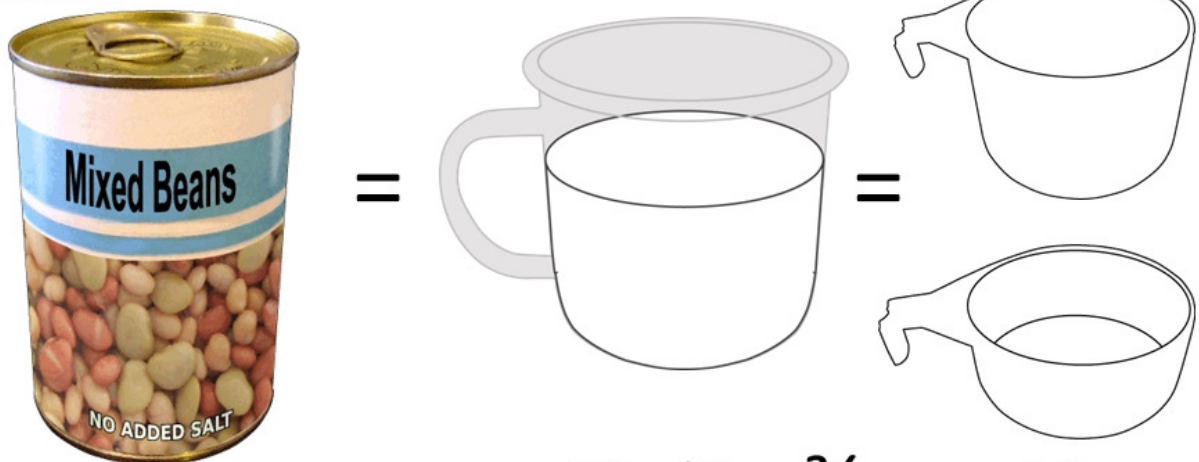


3 medium _ 4 small carrots = 2 mug
= 2 $\frac{1}{2}$ serves

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400 ml tin = $\frac{2}{3}$ mug = 1 $\frac{1}{2}$ cups =
3 serve of vegetables

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500g lean beef
= 1 mug

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500g minced
beef = 1 mug

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500g chopped
chicken breast
= 1 mug

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2 large eggs = 1 serve

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1 cleaned medium sized fish = Approx
900g fish you can eat

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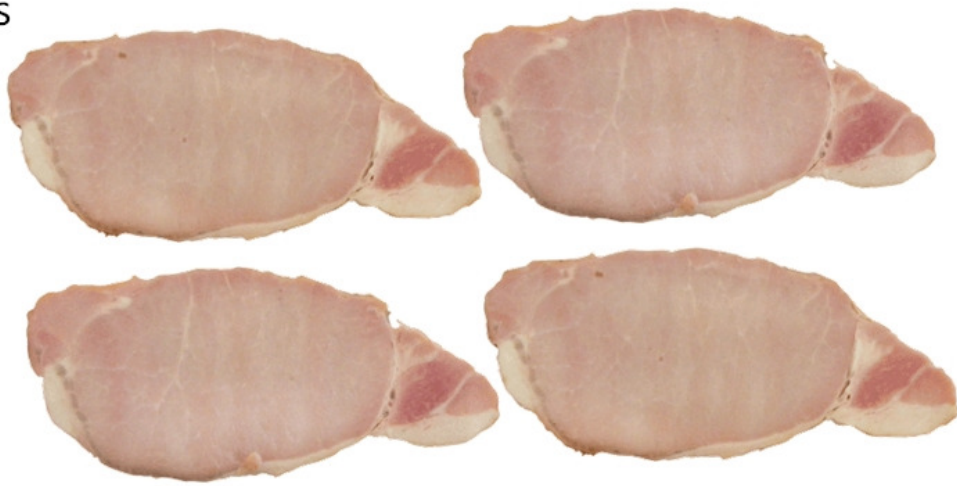


2 medium barramundi fish fillets = 700 g

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4 short cut bacon pieces = 130 g

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Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- Making food choices for a family
- Budgeting
- Portions
- Healthy food which prevents sickness

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated,.

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