Worksheet 2a

Scaling it down: Ingredients for one

a. Choose one of your selected meals and convert the ingredient quantities to reflect a single serving (one person).

b. Use the original recipe quantities and divide each ingredient amount based on the number of servings it makes.

c. Record the adjusted ingredient list for one serving below (e.g. 500g beef rump steak (serves 4) = 125g per serving).

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