

Kitchen Fast Facts

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Cut these handy cards out and laminate them for your kitchen or tuckshop/canteen!

Handy Conversion Table		
Grams X 0.0322	to	Ounces
Kilogram X 2.2046	to	Pounds
Ounces X 31.1035	to	Grams
Pints X 568.24	to	Millilitres
1 cup	=	250mL
1 tablespoon	=	20mL
1 teaspoon	=	5mL

To convert Fahrenheit (F) to Centigrade (°C)	To convert Centigrade (°C) to Fahrenheit (F)
Subtract 32 and multiply by 0.56	Multiply by 1.8 and add 32
e.g. 450°F = 450 – 32 = 418 X 0.56 = 234°C	e.g. 180°C = 180 X 1.8 = 324 + 32 = 356°F



Food Additive	Function of Food Additive
Colours	Restore colours lost during processing
Preservatives	Prolong shelf life by controlling growth of bacteria and mould
Antioxidants	Prevent foods containing fats and oils becoming rancid
Food Acids	Maintain acid level in food where there are variations in the products acidity
Thickeners	Modify texture and consistency of food, including thickening agents and stabilising emulsions
Humectants	Control moisture levels as they absorb and keep foods moist. Used mainly for baked goods
Flavour enhancers	Bring out the flavours of food



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Common Recipe Ingredients	90g	125g	220g	250g
Dry Breadcrumbs	¾ cup	1 cup	1 ¾ cups	2 cups
Grated cheese	¾ cup	1 cup	1 ¾ cups	2 cups
Cocoa	¾ cup	1 ¼ cup	2 cups	2 ¼ cups
Desiccated coconut	1 cup	1 ½ cups	2 ½ cups	2 2/3 cups
Currants	2/3 cup	¾ cup	1 ½ cups	1 2/3 cups
Plain/self raising flour	¾ cup	1 cup	1 ¾ cups	2 cups
Wholemeal flour	2/3 cup	1 cup	1 2/3 cups	1 ¾ cups
Mixed Fruit	½ cup	¾ cup	1 ½ cups	1 ½ cups
Honey	¼ cup	⅓ cup	2/3 cup	2/3 cup
Lentils	½ cup	2/3 cup	1 cup	1 ¼ cups
Short grain rice	½ cup	2/3 cup	1 cup	1 ¼ cups
Long grain rice	½ cup	¾ cup	1 ½ cups	1 ½ cups
Rolled oats	1 cup	1 ½ cups	2 ½ cups	2 ¾ cup
Granulated, brown and caster	⅓ cup	½ cup	1 cup	1 ¼ cup
Sultanas	½ cup	¾ cup	1 ¼ cup	1 ½ cups

Food Choices for Lacto-ovo vegetarians, Lacto vegetarians and Vegans

Food Group	Lacto-ovo	Lacto Vegetarians	Vegans
Breads and cereals	All	All	All
Fruit and Vegetables	All	All	All
Dairy Foods	All	All	None. Use soy alternatives
Meat and Meat alternatives	Only egg and plant foods	Plant foods only i.e legumes and nuts	Plant foods only i.e legumes and nuts
Fats and oils	All	All	Plant sources only i.e Most margarines