

SECTION 1 - RECIPES AND PREPARATION

Activity Sheet 3—Portion sizes

The amount of ingredients needed to produce 4 portions of soup are given in the table below. Work out how much of each ingredient would be needed to make 2 and 6 portions of the soup.

INGREDIENTS	Serves 2	Serves 4	Serves 6
oil		1 tbsp	
onions		190g	
potatoes		200g	
celery		150g	
leeks		220g	
carrots		200g	
lentils		80g	
vegetable stock		3 pts	
dried mixed herbs		1 tsp	

SECTION 1 - RECIPES AND PREPARATION

ANSWERS—Activity Sheet 3

The amount of ingredients needed to produce 4 portions of soup are given in the table below. Work out how much of each ingredient would be needed to make 2 and 6 portions of the soup.

INGREDIENTS	Serves 2	Serves 4	Serves 6
oil	$\frac{1}{2}$ tbsp	1 tbsp	$1\frac{1}{2}$ tbsp
onions	95g	190g	285g
potatoes	100g	200g	300g
celery	75g	150g	225g
leeks	110g	220g	330g
carrots	100g	200g	300g
lentils	40g	80g	120g
vegetable stock	$1\frac{1}{2}$ pts	3 pts	$4\frac{1}{2}$ pts
dried mixed herbs	$\frac{1}{2}$ tsp	1 tsp	$1\frac{1}{2}$ tsp