

Choosing the right container

It's the weekend and you have a couple of busy weeks coming up. You've decided to cook some meals and freeze them to help you save some time during the week.

Look at the recipes and the amount of food they make. Match them to the storage containers. Will you have to split the food into smaller containers?

One dish has been done for you.



Dish	Amount	Dish	Amount
Spaghetti Bolognese	1 litre	Vegetable curry	2.4 litres
Spiced dhal soup	2 litres	Frozen strawberry ice	0.6 litres
Spicy Moroccan chicken	1.75 litres	Country beef with barley	3 litres
Thai chicken soup	1.2 litres	Cod in orange and cider	1 litre

Containers	Food to go in the containers
Four 0.6-litre containers	
Two 1-litre containers	Spaghetti Bolognese
Two 1.5-litre containers	
Two 2-litre containers	
One 3-litre container	