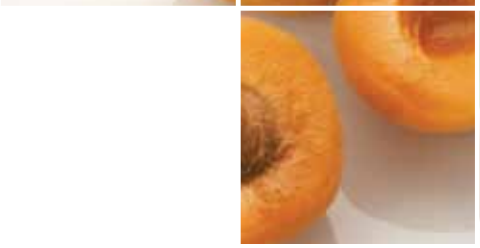
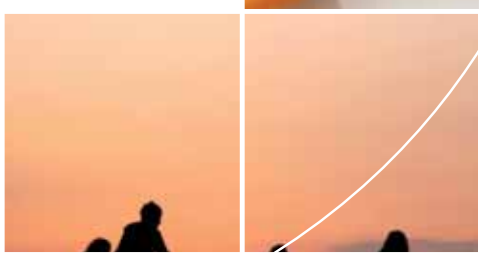
Australian Bureau of Statistics

Australian Health Survey

Food model booklet





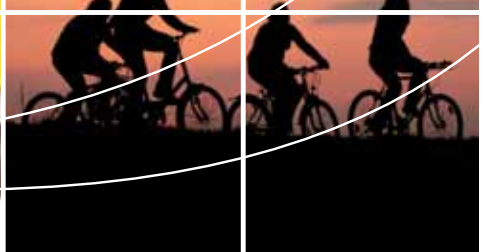


Table of Contents

The drawings and photographs in this booklet are used to describe amounts of food and beverages you ate and drank yesterday.

1	**To help you with the interview…** The 24-hour time period for yesterday's food intake; frequently forgotten foods and eating occasions.
2	**Beverage containers…** for beverages such as water, tea, coffee, cocoa, milk, soft drinks, juice, beer, wine and spirits. Six pages of photographs of cups, mugs and glasses, labelled at the bottom with codes, M1 to M4, G1 to G12. Lines and letters represent different amounts.
3	**Food containers…** for foods such as cereal, soup, stew, take-away and canned food. Five pages with drawings of bowls, take-away containers and cans, labeled at the top with codes B1 to B7, PC1 to PC6, and C1 to C6. Coloured lines and letters represent different amounts.
4	**Shapes and mounds…** for foods such as spreads, sauces, casseroles, vegetables, pasta, and rice. There are 3 small mounds or pats shown next to knives. Then, there are four pages of larger mounds (including hot chips), labeled as MD4 to MD12, to help you visualise your food on a plate. Use part of a mound, a single mound, or more than one mound to describe how much you ate.
5	**Rings…** for round foods such as pancakes, apples, oranges, and muffins. A set of different coloured rings, labeled as R1 to R10, that range in size from about 3cm to 23cm across. Use any ring to describe your food. **Thickness**… on the opposite page, there is a ruler ranging from 1cm to 25cm, for describing your food. Don't worry about in-between amounts. You can give the interviewer a number between 1 and 25.

Published by the Australian Bureau of Statistics, Belconnen ACT

© Commonwealth of Australia 2010

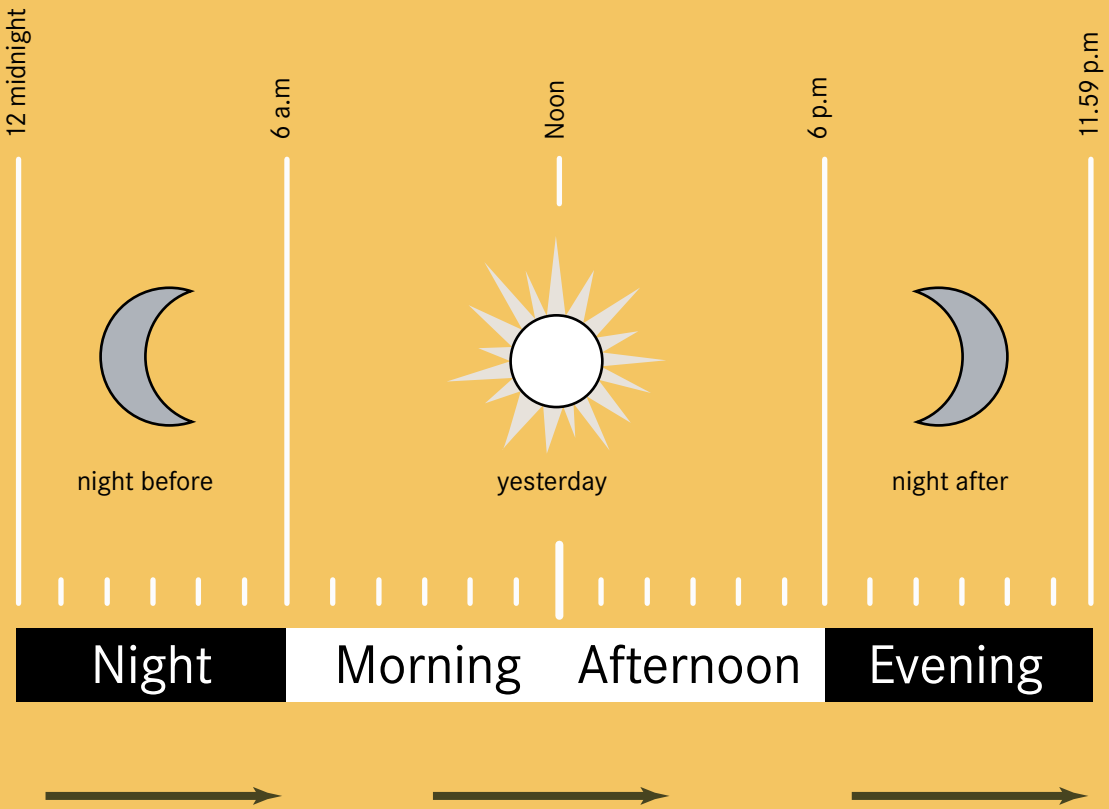
This publication is copyright. No part may be reproduced by any process except in accordance with the provisions of the *Copyright Act 1968*.

This Food Model Book has been adapted from material provided by the United States Department Of Agriculture Research Service, Food Surveys Research Group, and from the Food Model Booklet developed from the 2007 Australian Children's Nutrition and Physical Activity Survey, funded by the Department of Health And Ageing, Department of Agriculture, Fisheries and Forestry, and the Australian Food and Grocery Council, and from the 4000 for Health Food model booklet developed by the Victorian Government Department of Human Services. Their generosity is gratefully acknowledged.

6	**Grid…** for foods such as lasagne, meatloaf, steak, and cake slices. A 16cm grid is shown. To use the grid, imagine your food placed in the corner by the star. Use the numbers on the side of the grid to describe the length and width of your food. **Thickness**… on the opposite page, a ruler ranging from 1cm to 25cm for describing the height of your food.
7	**Wedge…** for foods such as pie, cake and pizza. The shaded wedges are to help you visualise your food on a plate. **To use the wedge…** first visualise or imagine your food with one edge along the bottom line with the tip of your slice of food in the corner by the star. Refer to the number on the bottom line to tell the interviewer the length of the food. With your finger on the number at the bottom of the wedge, follow the line upwards until the space between you finger and the bottom line looks like the size of your piece of food. Tell the interviewer the letter on the line closest to your finger. **Thickness…** on the opposite page there is a ruler ranging from 1cm to 25cm for describing the height of your food, or you can use the height in inches guide if you prefer. You don't need to worry about the wedge width calculator on the opposite page.
8	**Meat and chicken pieces…** Use the example photographs of a cut of meat to see the difference between untrimmed, semi-trimmed and trimmed cuts of meat. The chicken photographs show the common cuts used. You can use these labels to help describe the types of meat you ate.
9	**Chocolate and shapes…** Page 34 shows some of the more common sizes of individually wrapped chocolate bars, they are labelled from King size to Bite size. You can use these labels to describe the size you ate to the interviewer. **On page 35** there are drawings of a rectangle, a cylinder, a wedge and a sphere that may help you describe how much of a type of food you had. There is also room to make notes to describe the food measures you commonly use.

1

Yesterday's food intake



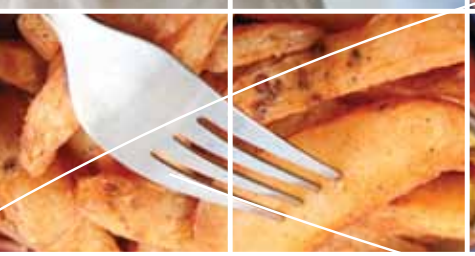
Midnight to Midnight

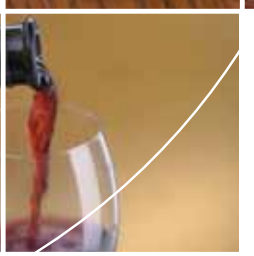
Frequently forgotten foods

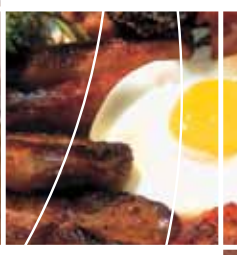
- Tea, coffee, soft drinks, milk, juice or water
- Beer, wine, spirits or other drinks
- Biscuits, ice cream, lollies, chocolate or other sweet foods
- Potato chips, nuts, crackers, popcorn, pretzels or other snack foods
- Fruit, vegetables or cheese
- Bread, bread rolls or wraps

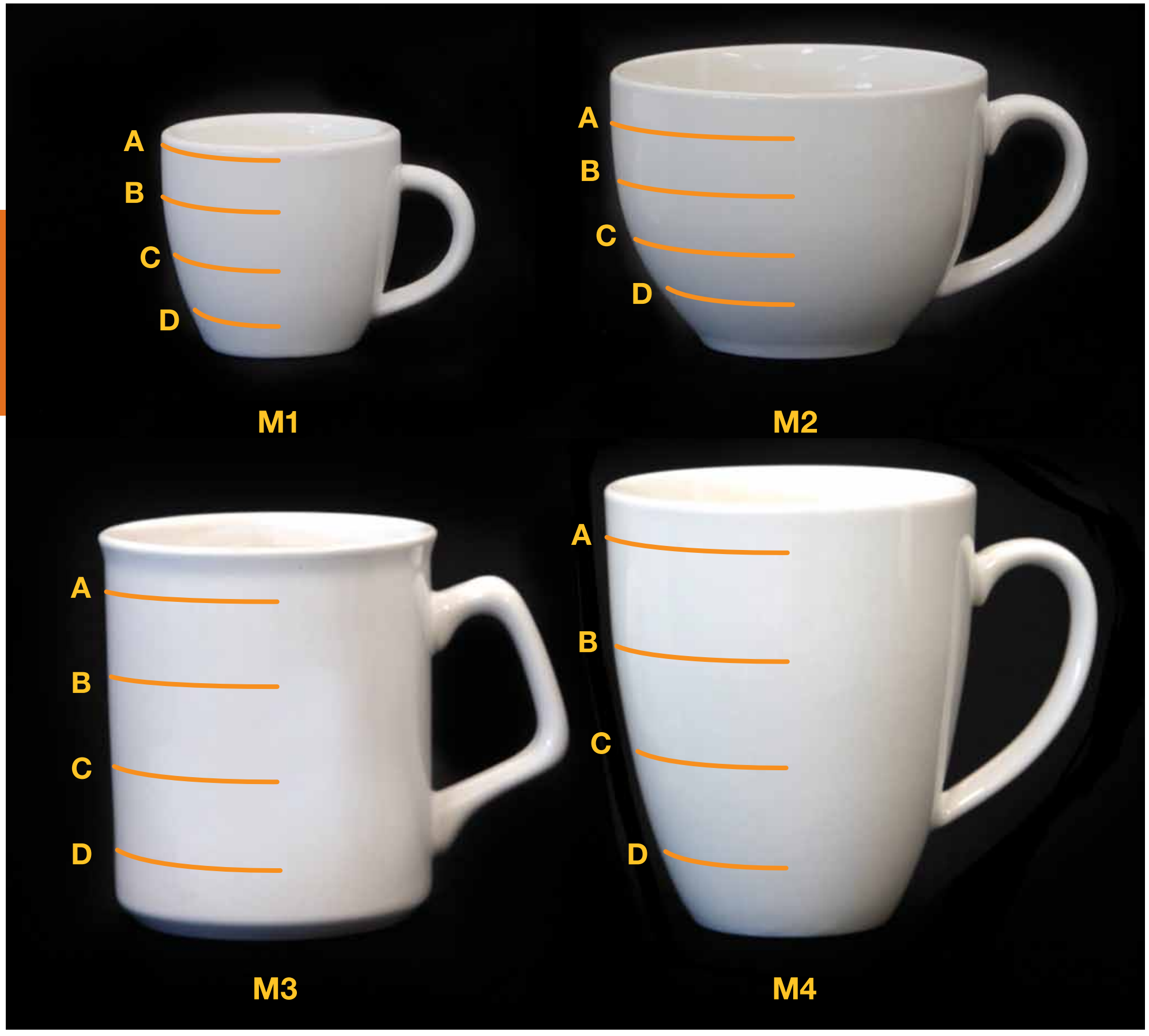
Eating occasions

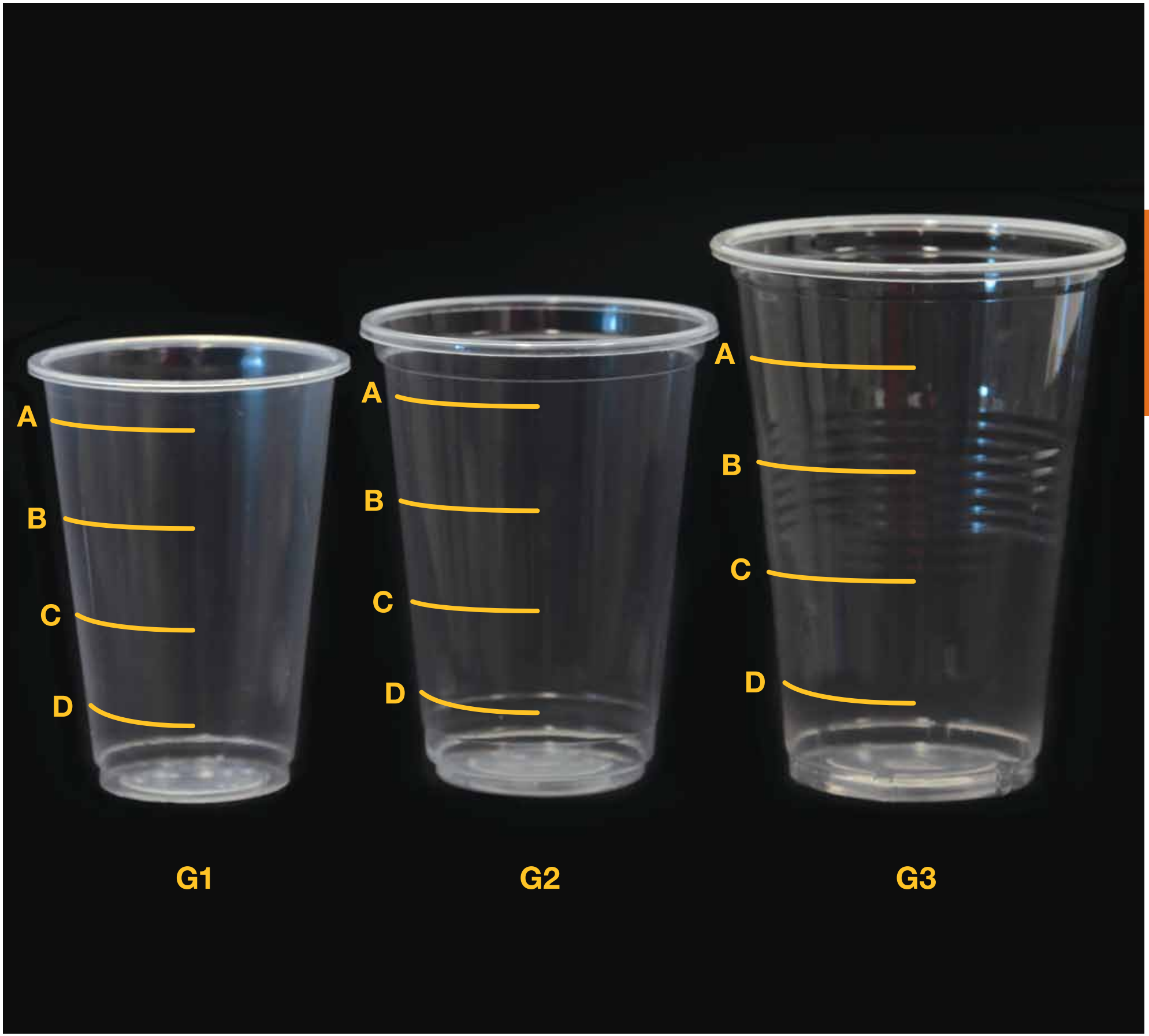
- Breakfast
- Lunch
- Dinner
- Supper
- Brunch
- Snack
- Drink
- Something else



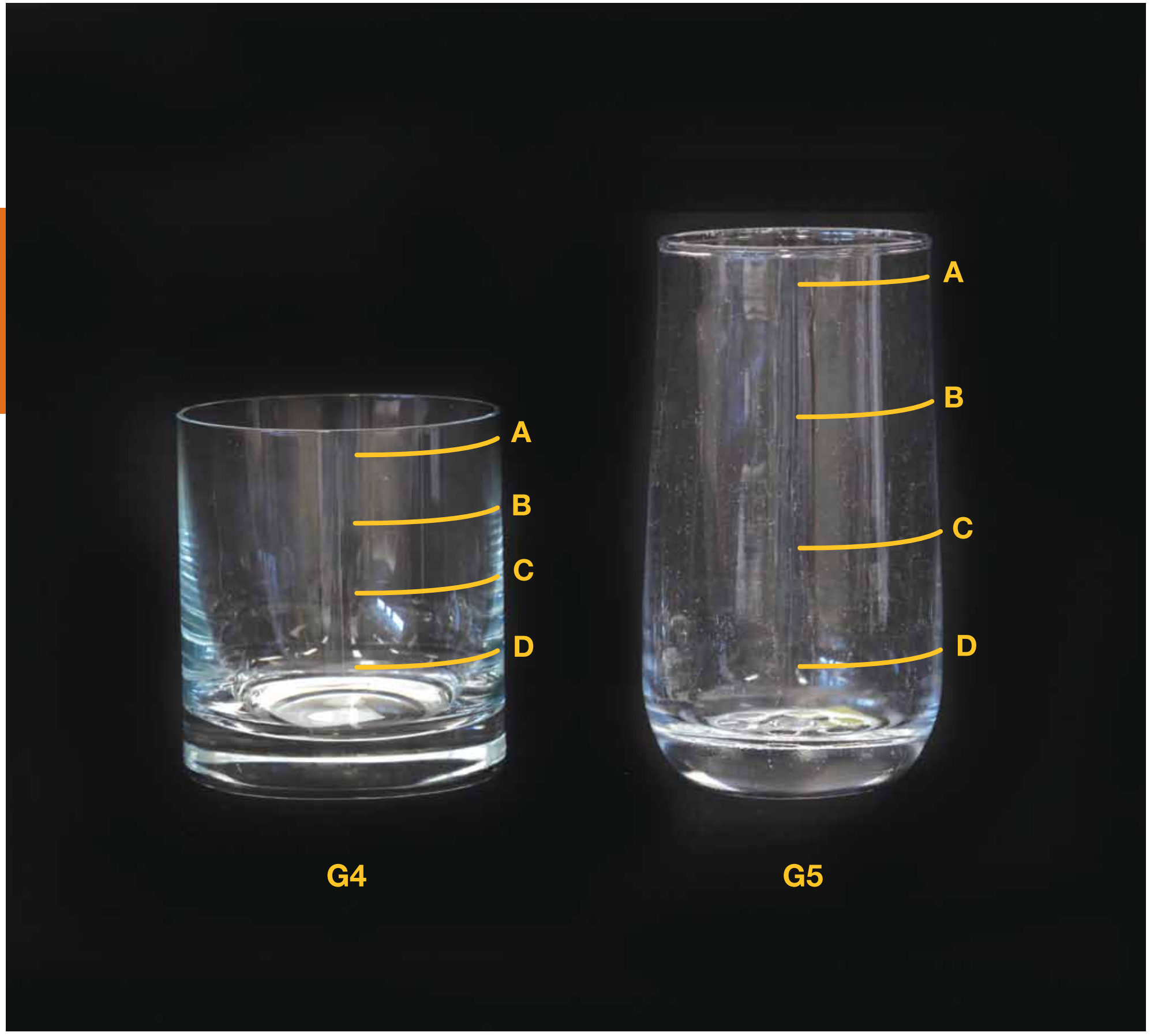


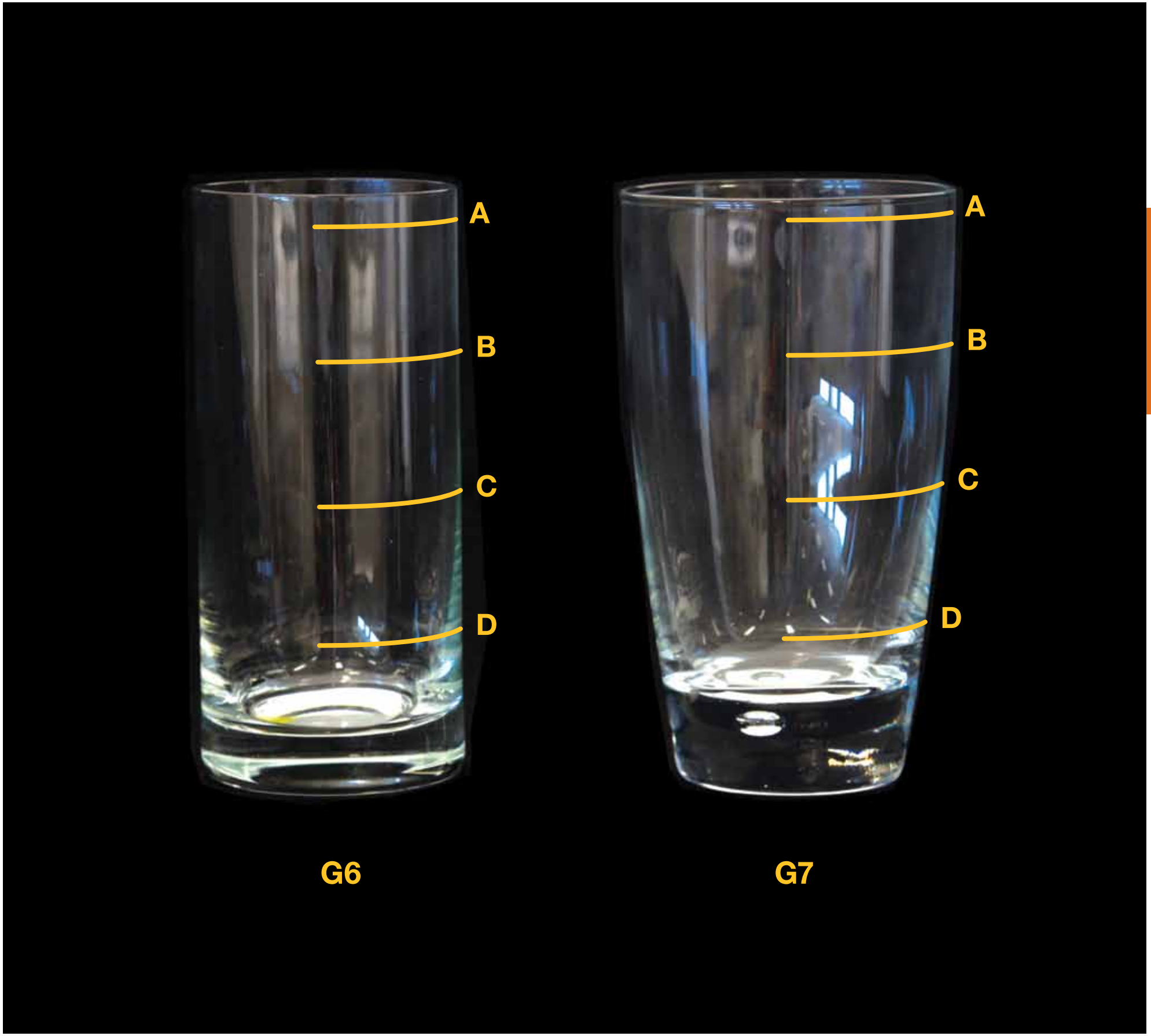


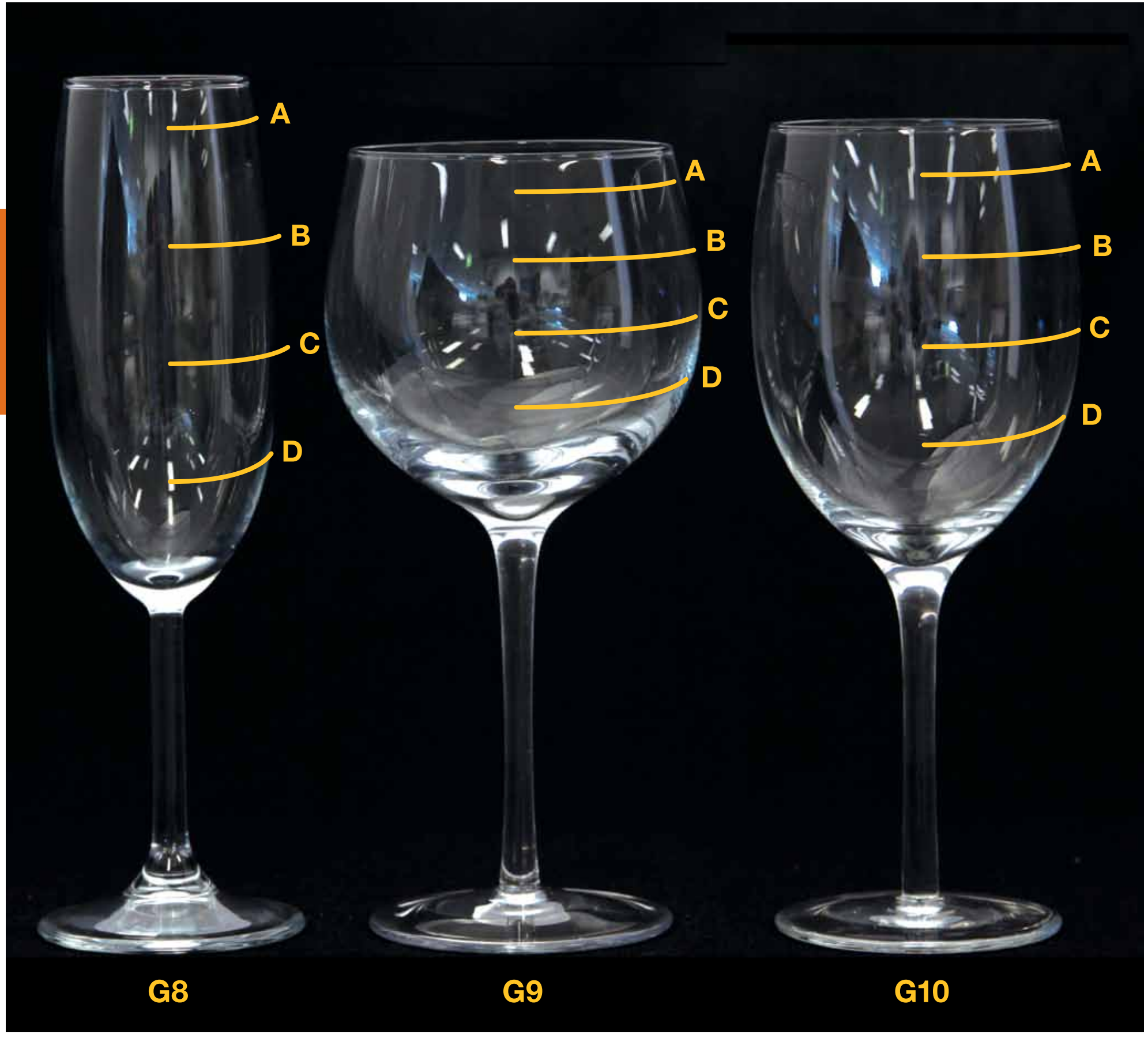

A
B
C
D
M1
A
B
C
D
M2
A
B
C
D
M3
A
B
C
D
M4

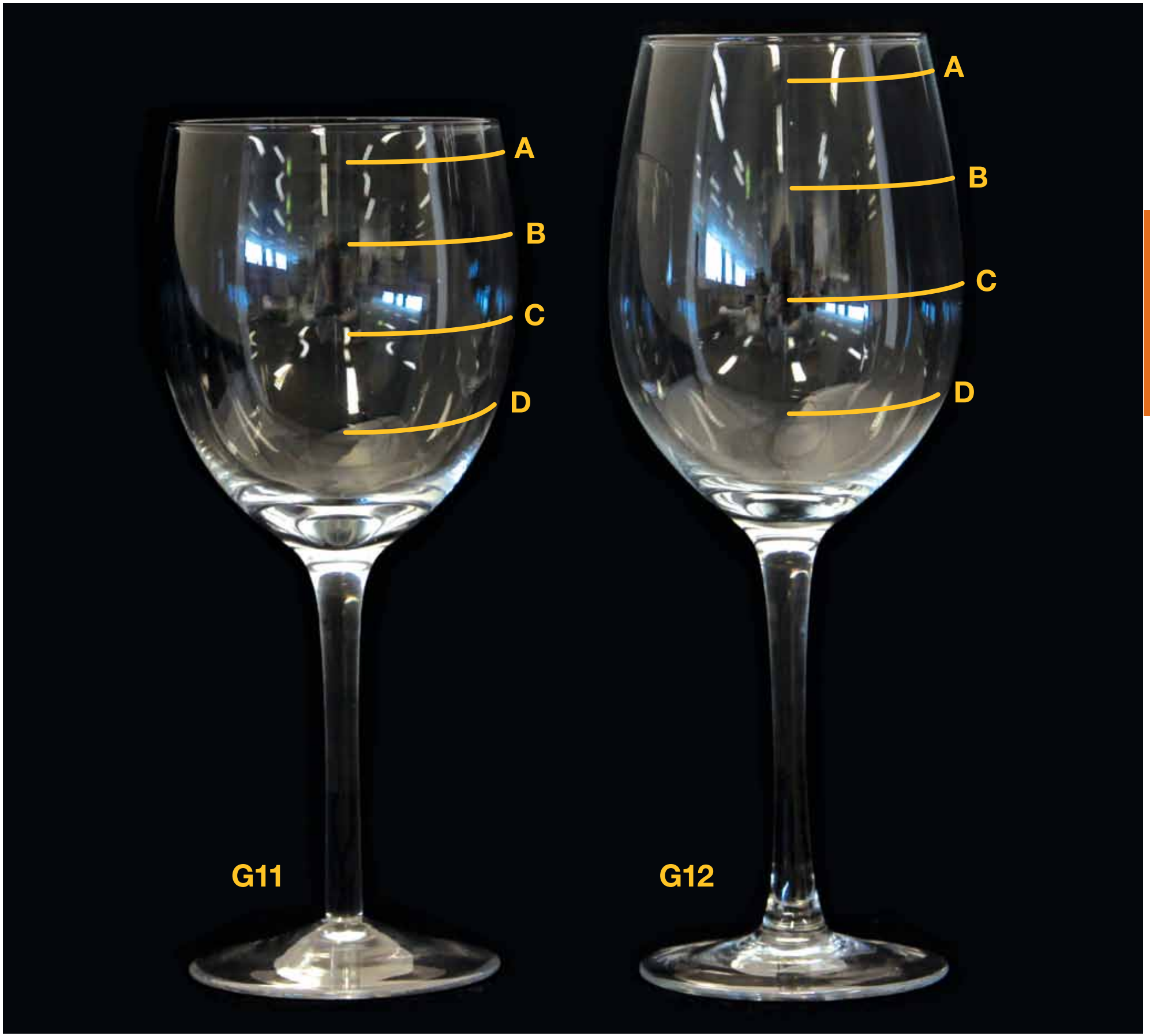

A
B
C
D
G1
A
B
C
D
G2
A
B
C
D
G3

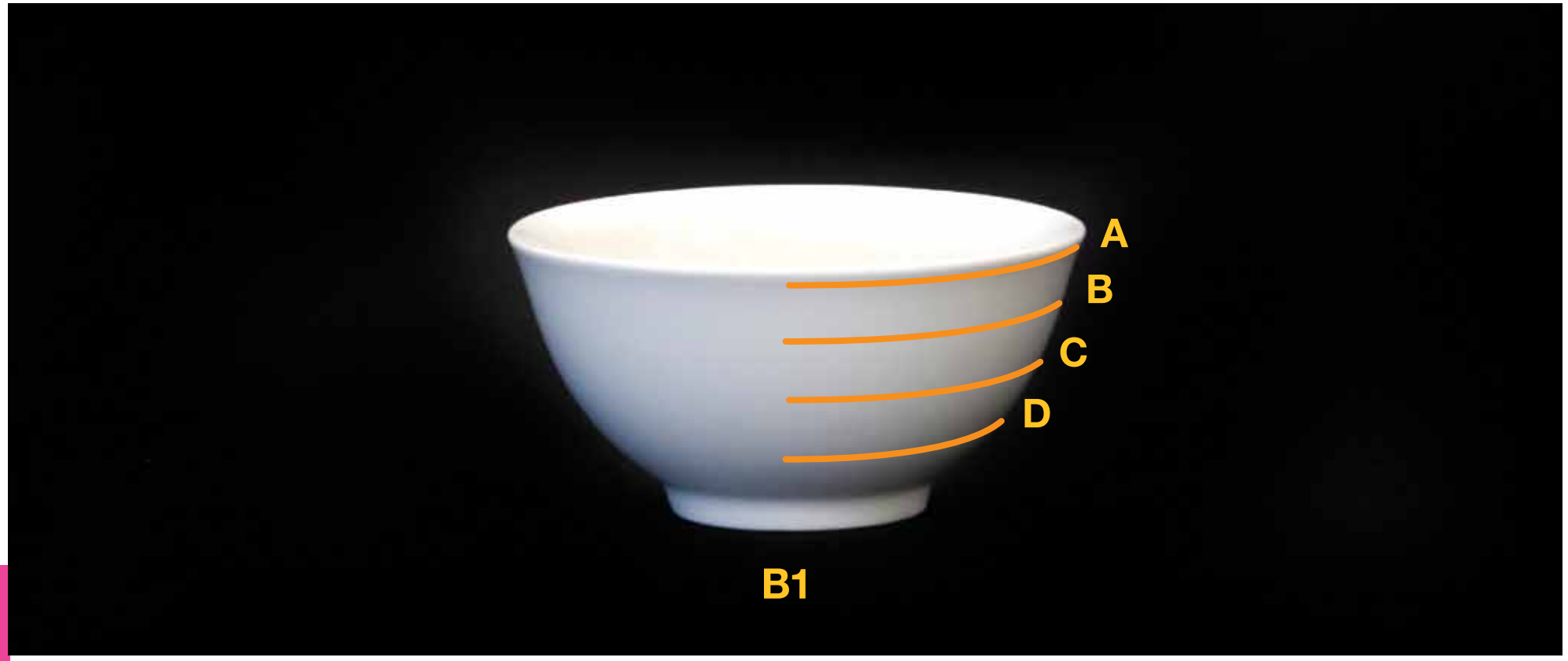
2




A
B
C
D
A
B
C
D
G6
G7

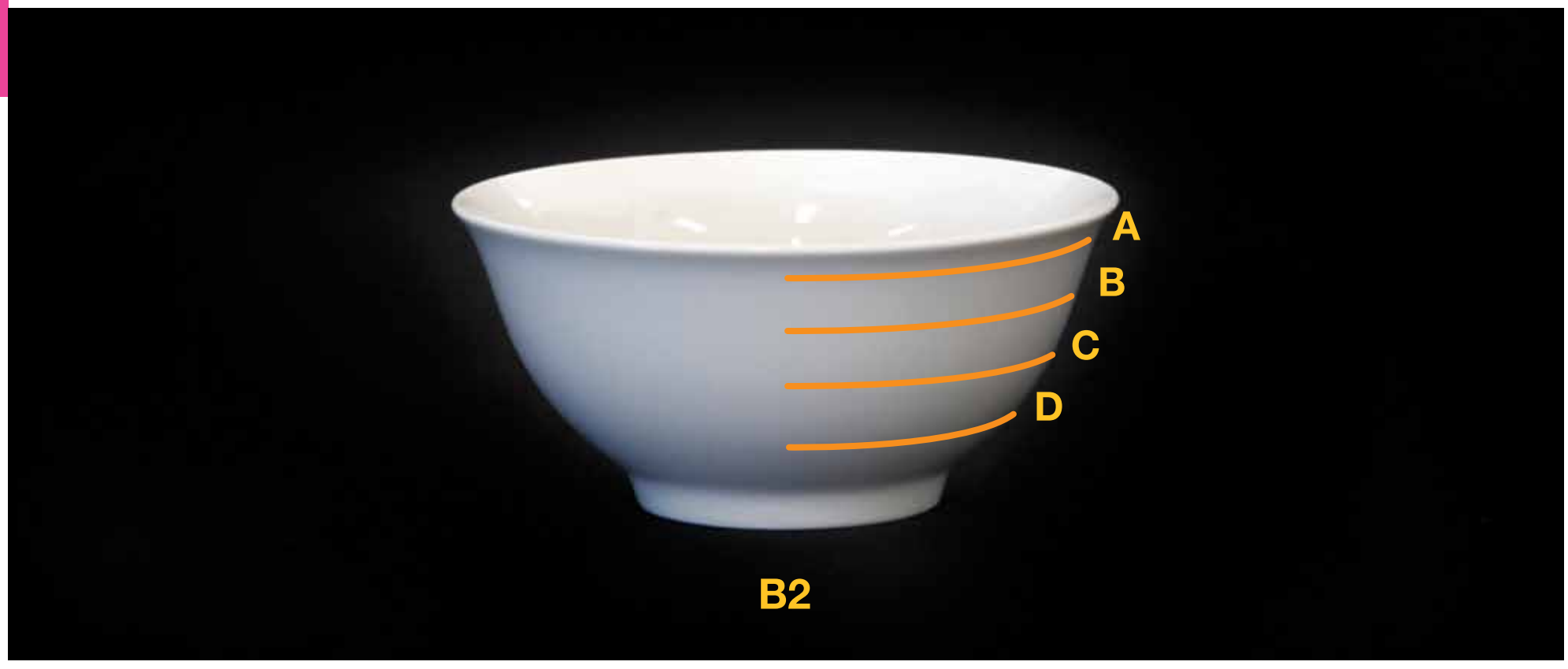

A
B
C
D
A
B
C
D
A
B
C
D
G8
G9
G10


A
B
C
D
A
B
C
D
G11
G12



B1

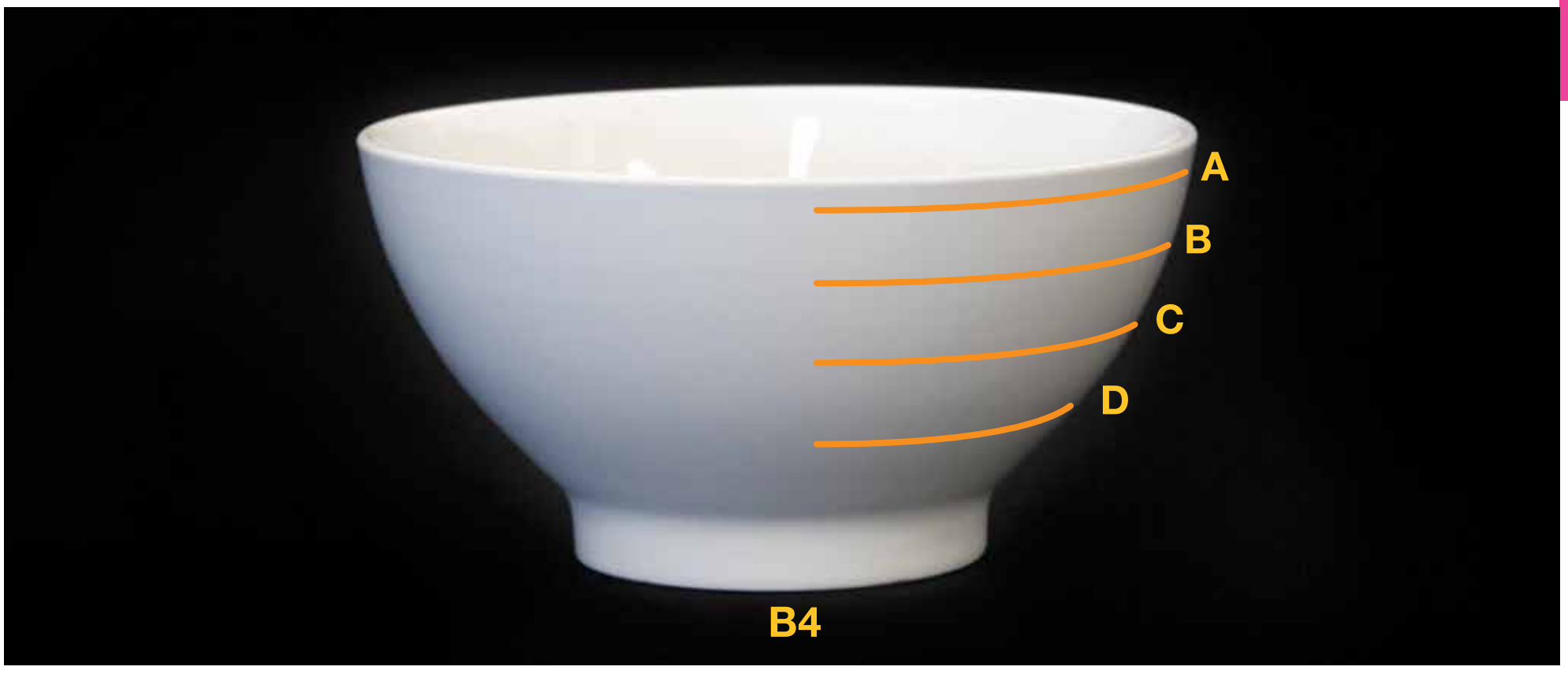
3



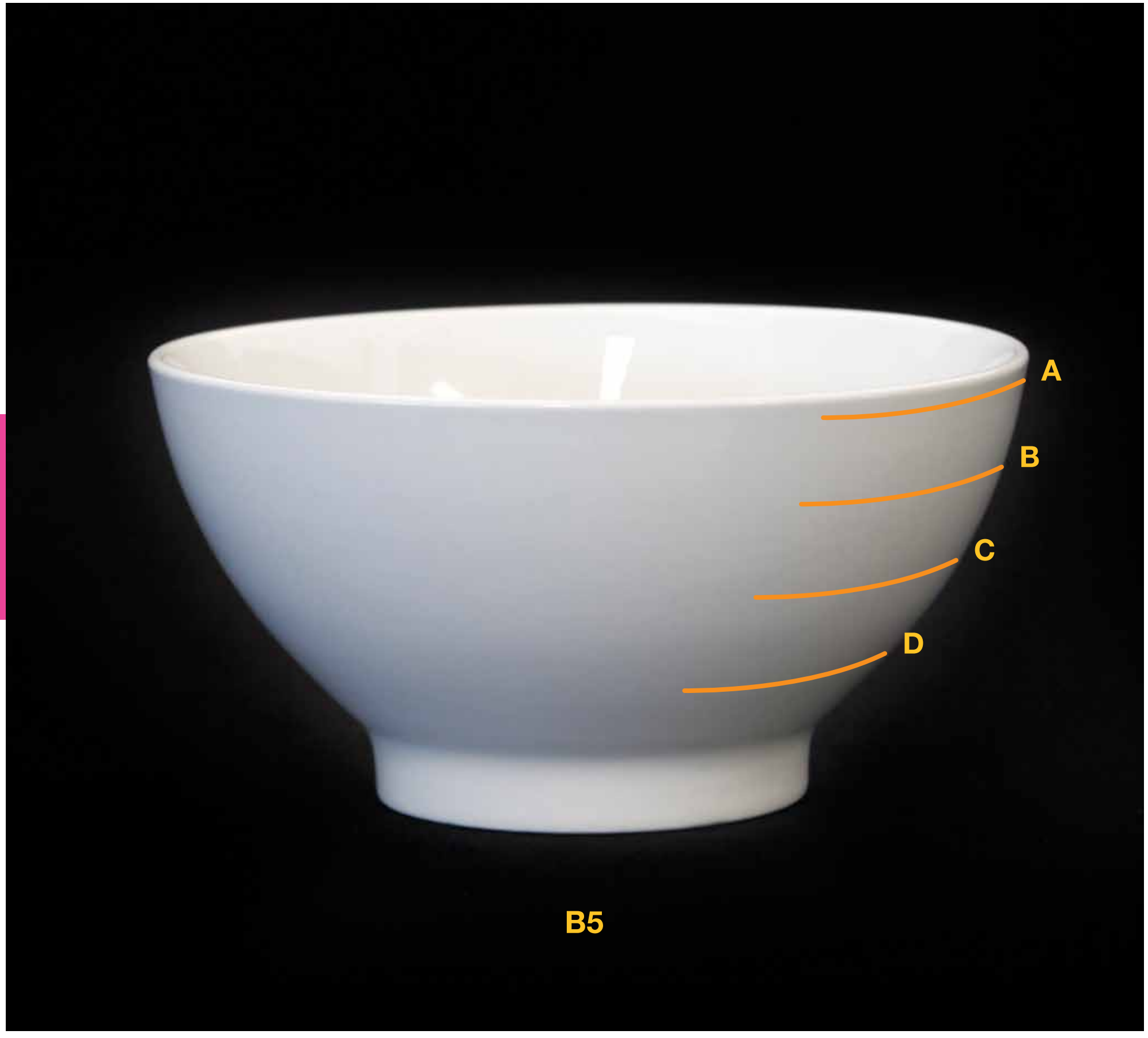
B2

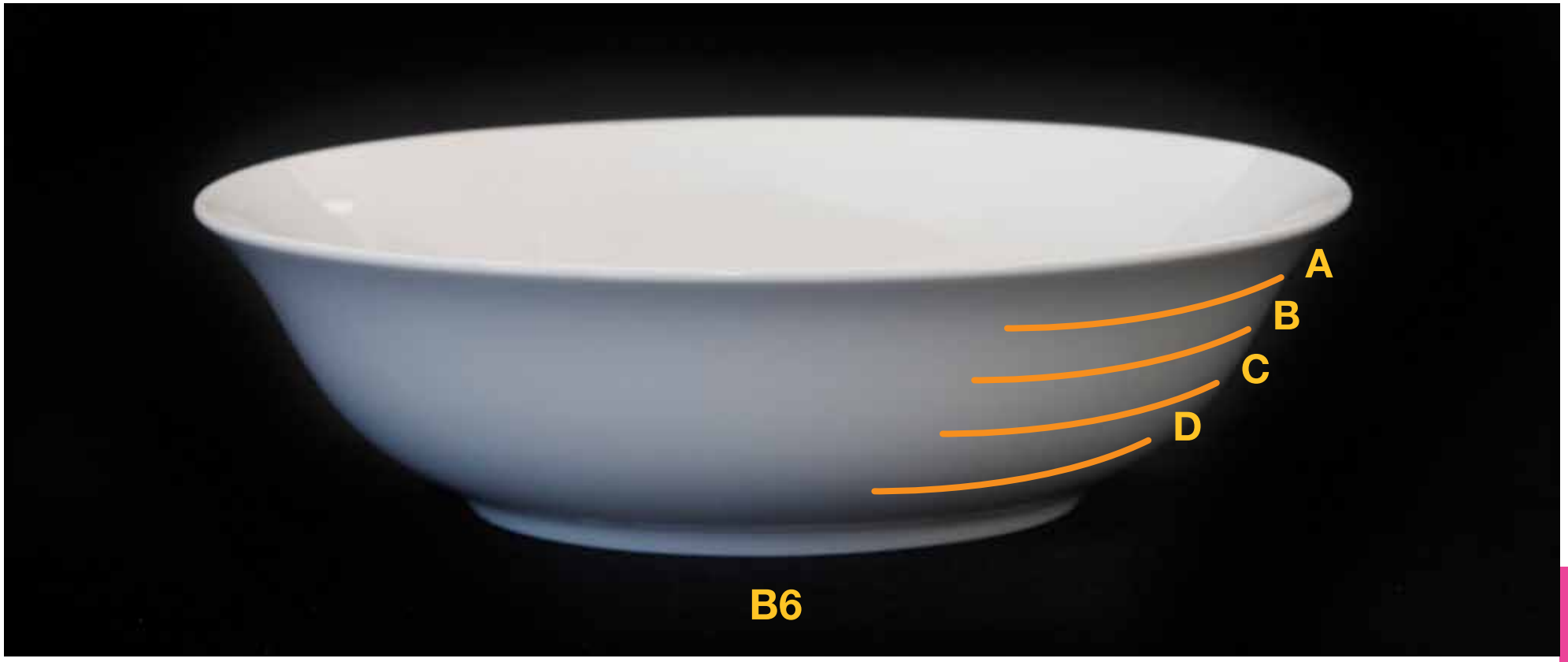
12

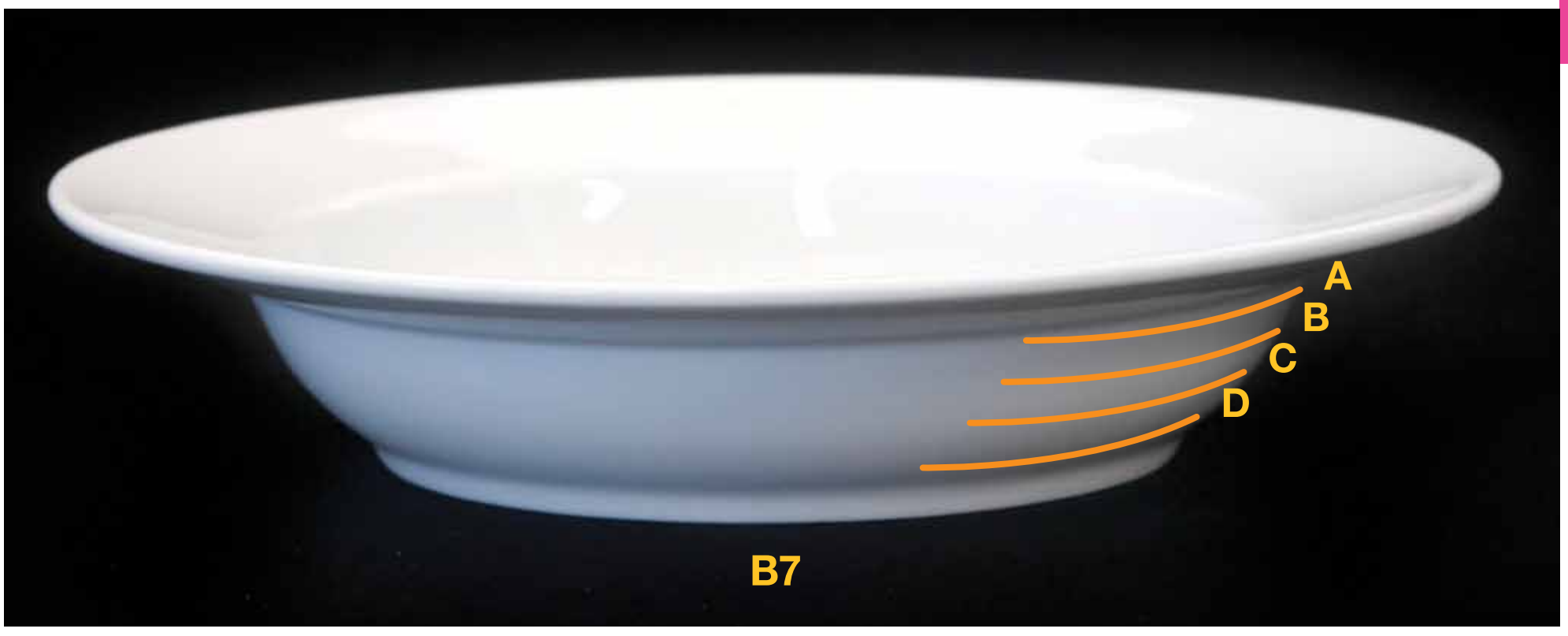
3

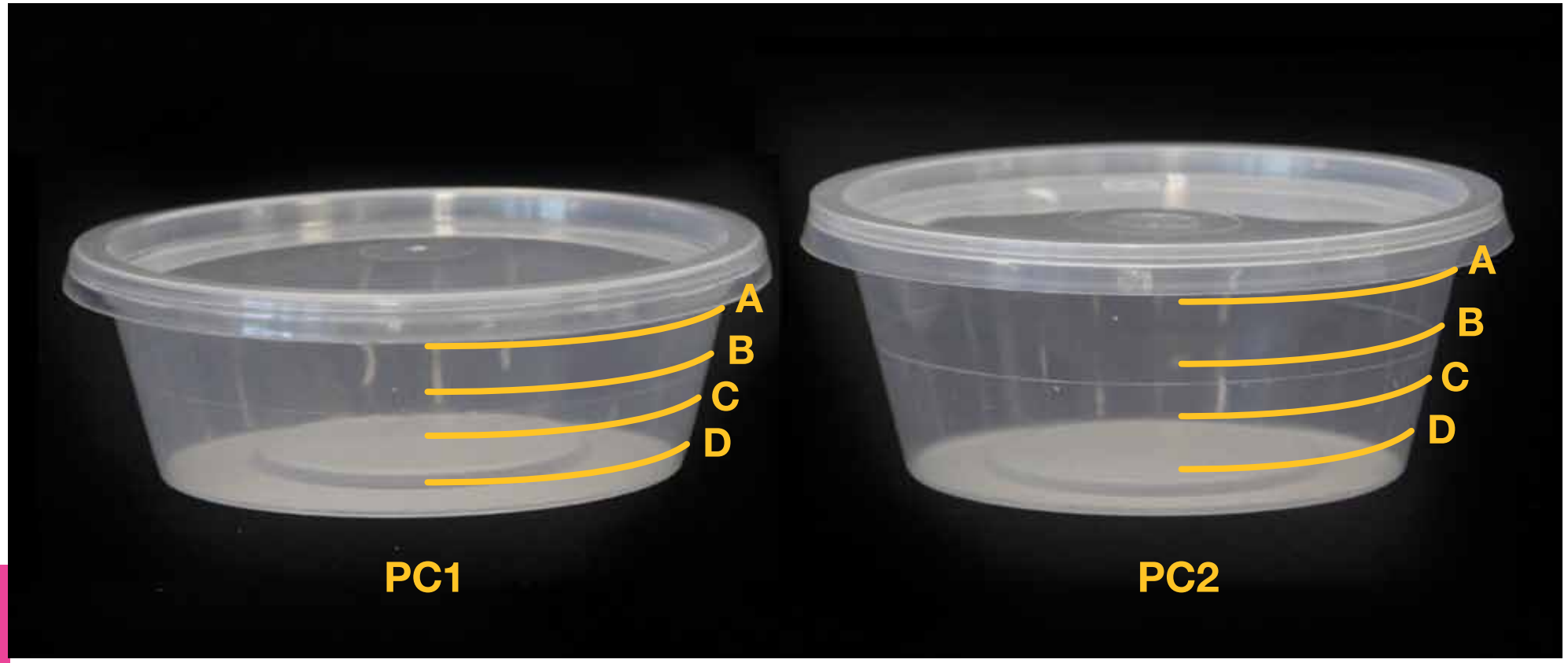


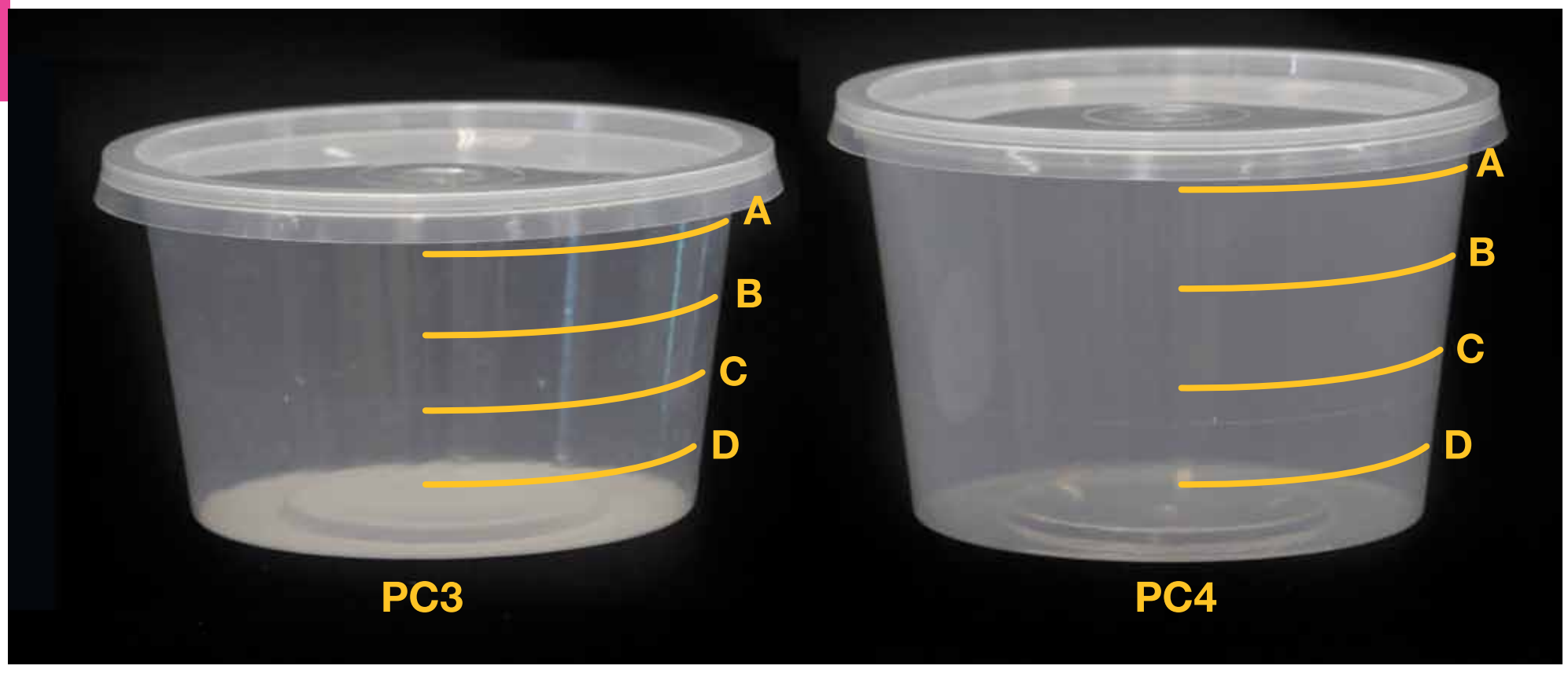
3

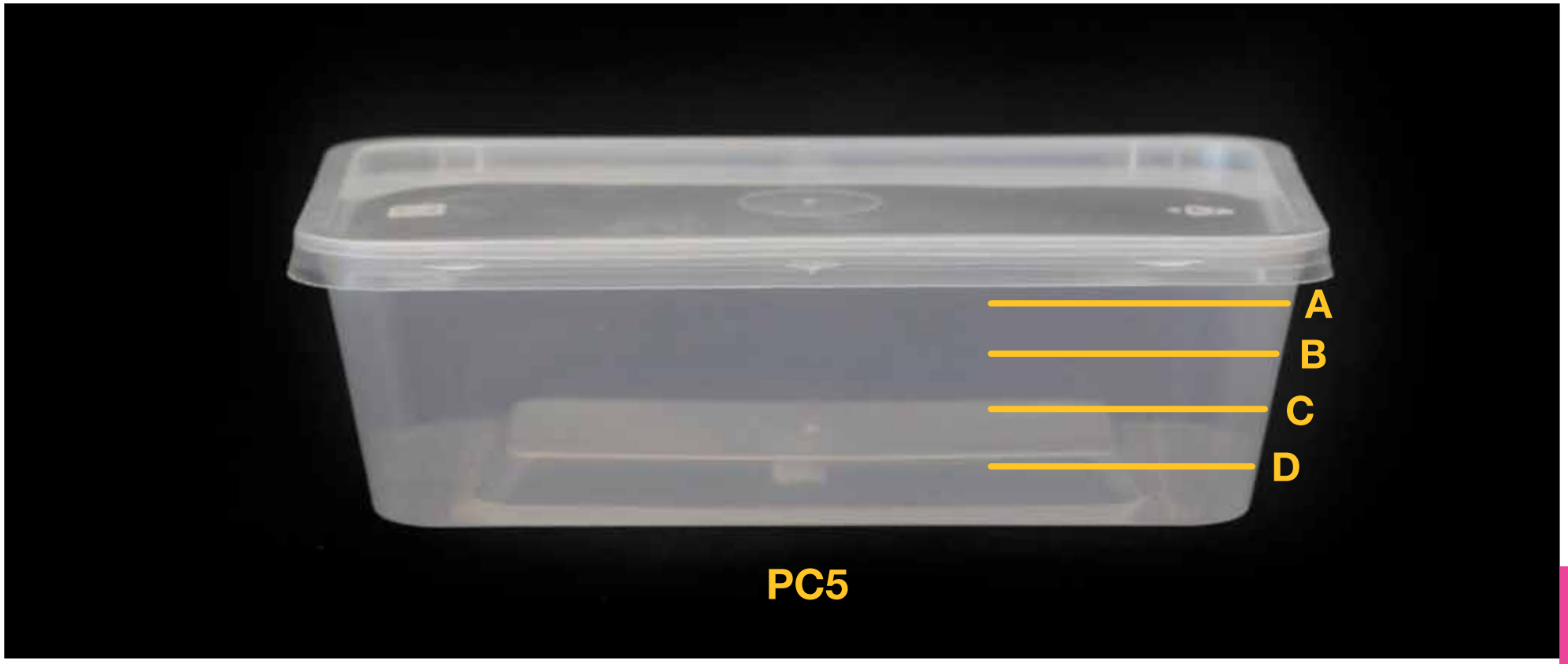



A
B
C
D
B6

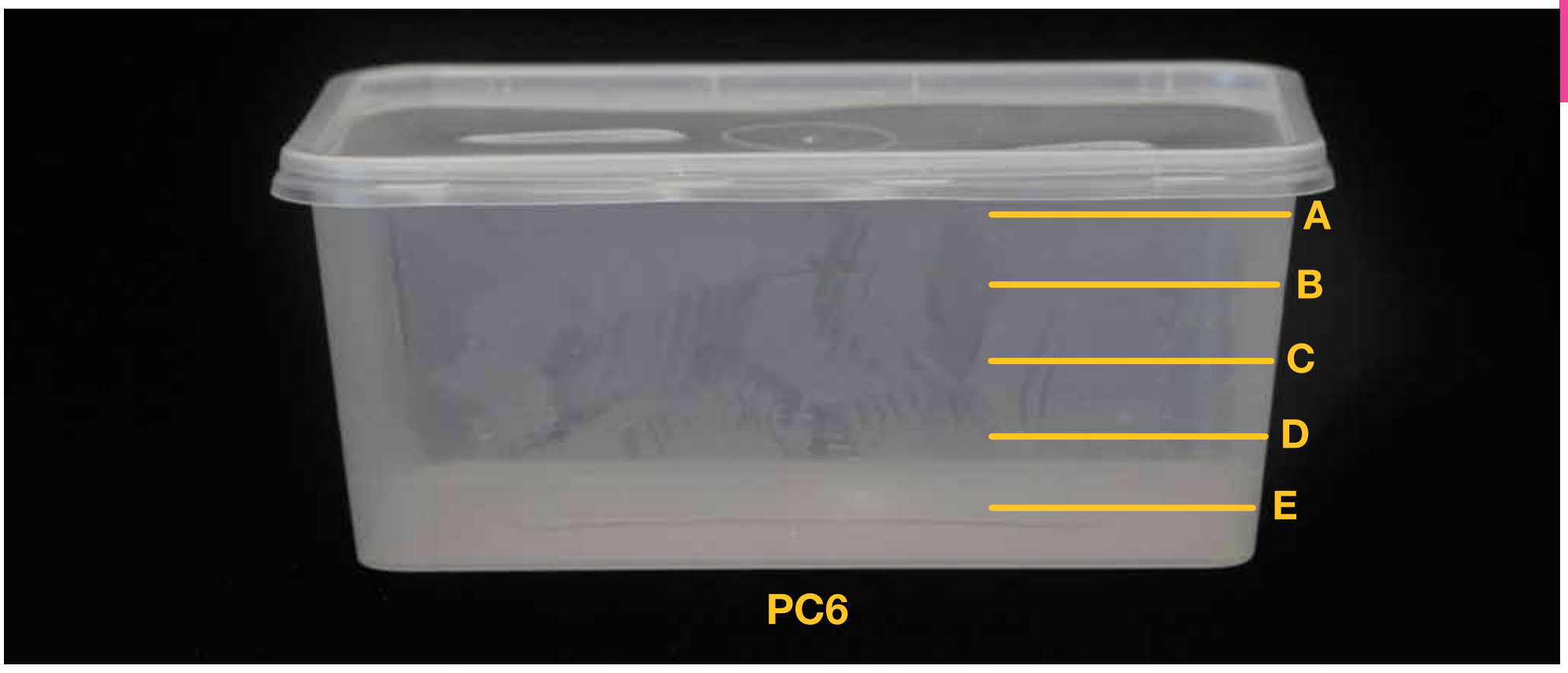

A
B
C
D
B7


A
B
C
D
PC1
A
B
C
D
PC2


A
B
C
D
PC3
A
B
C
D
PC4

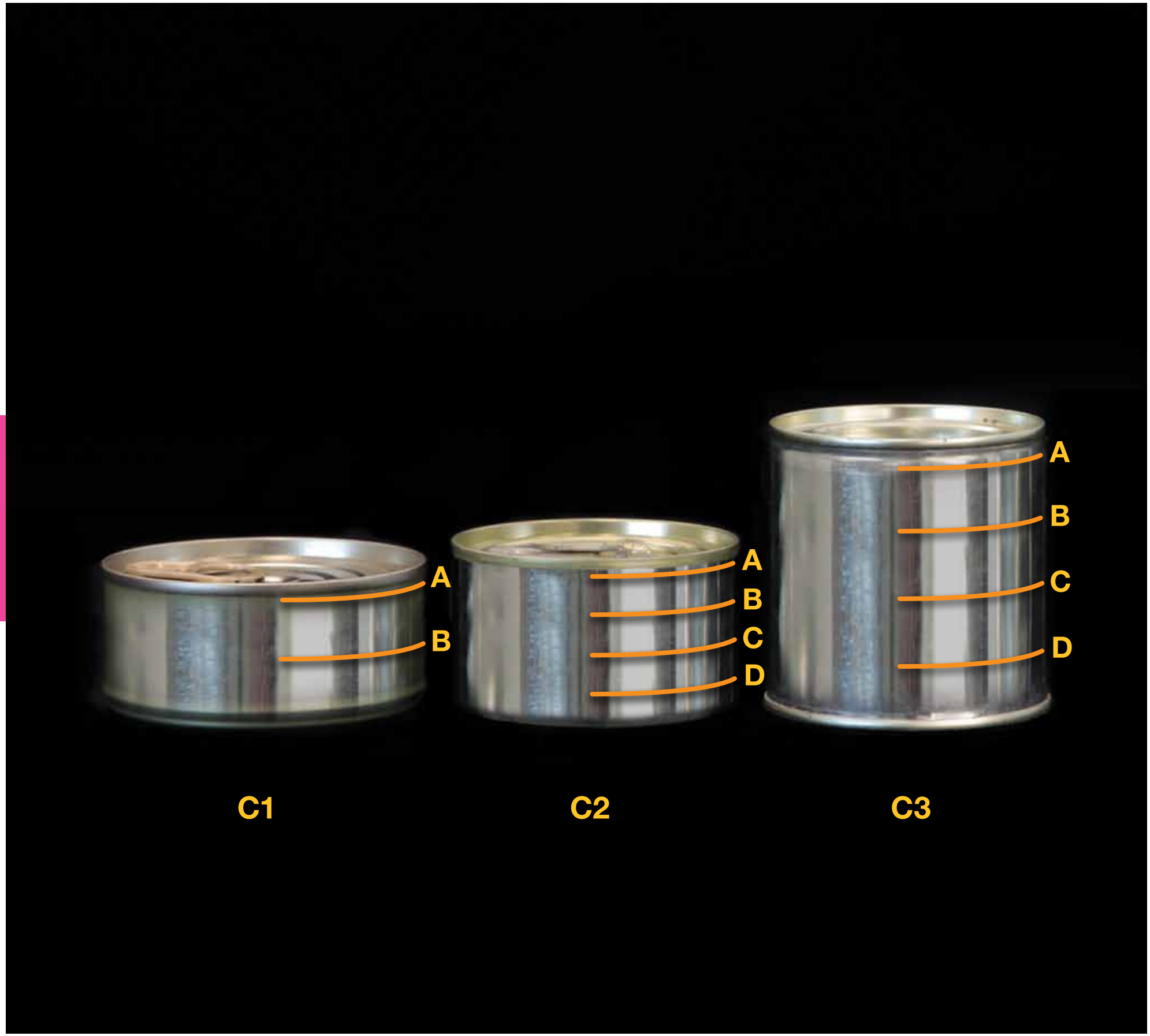


PC5



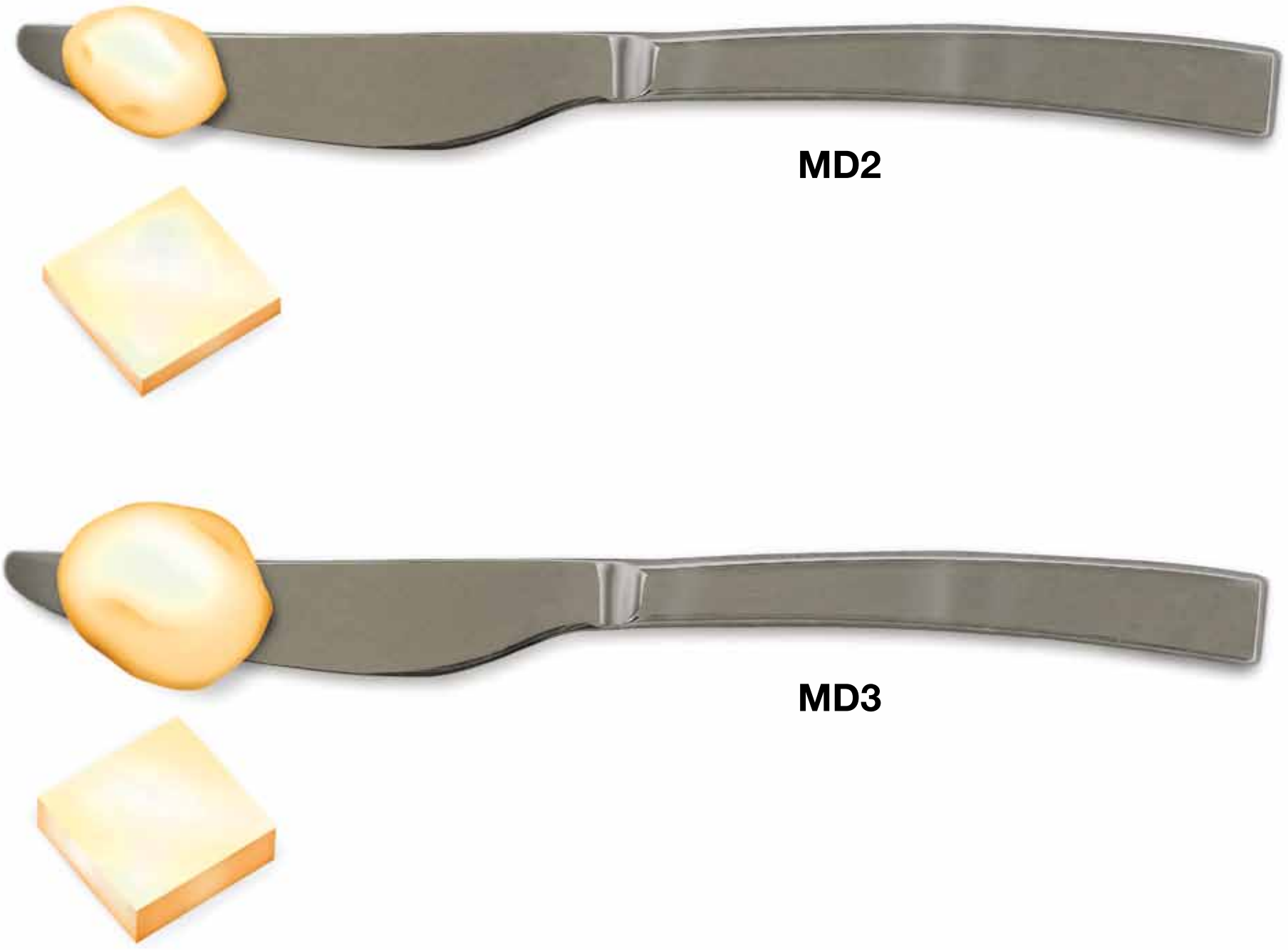
PC6

3



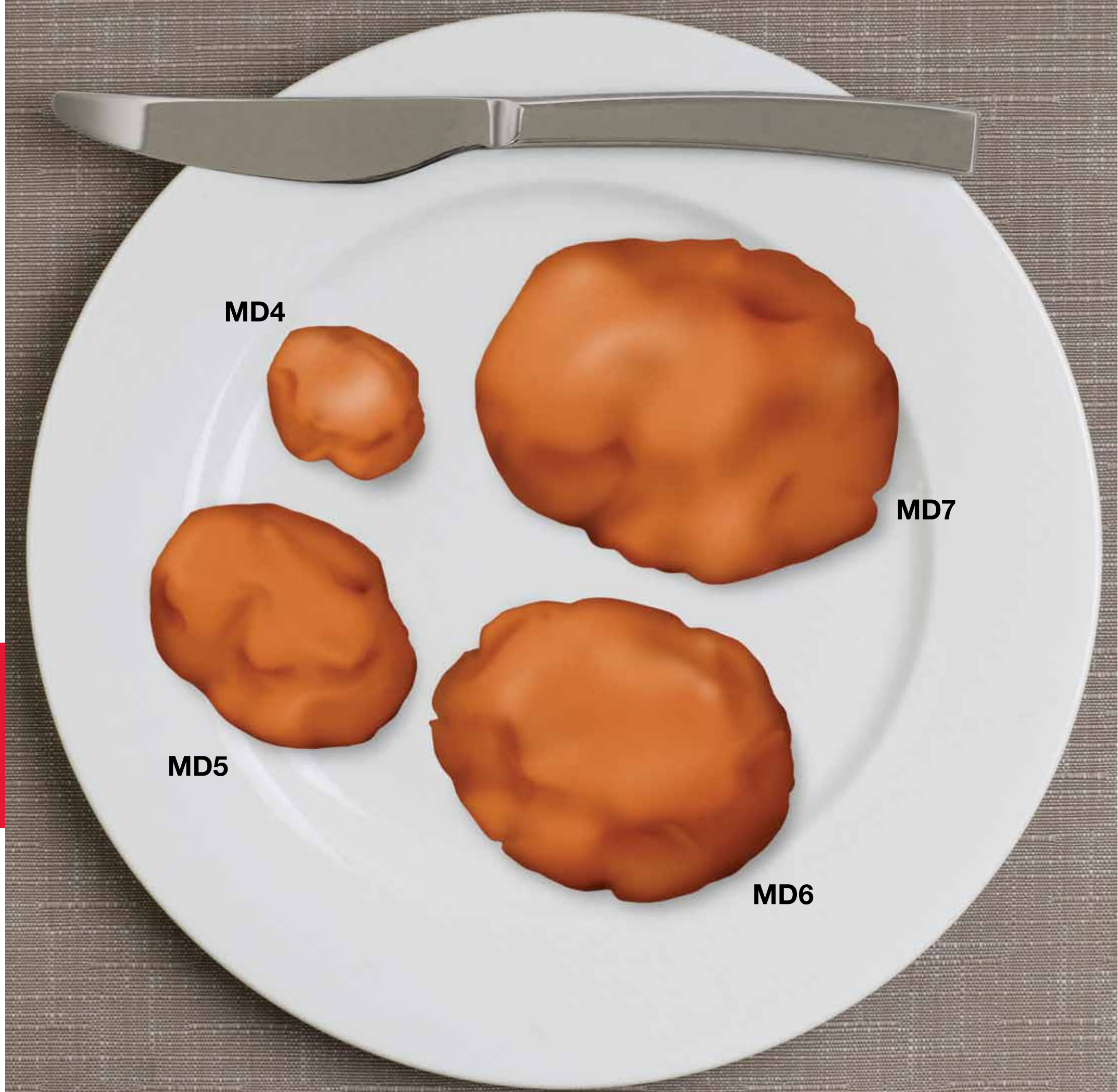
A
B
C
D
C4
A
B
C
D
C5
A
B
C
D
C6

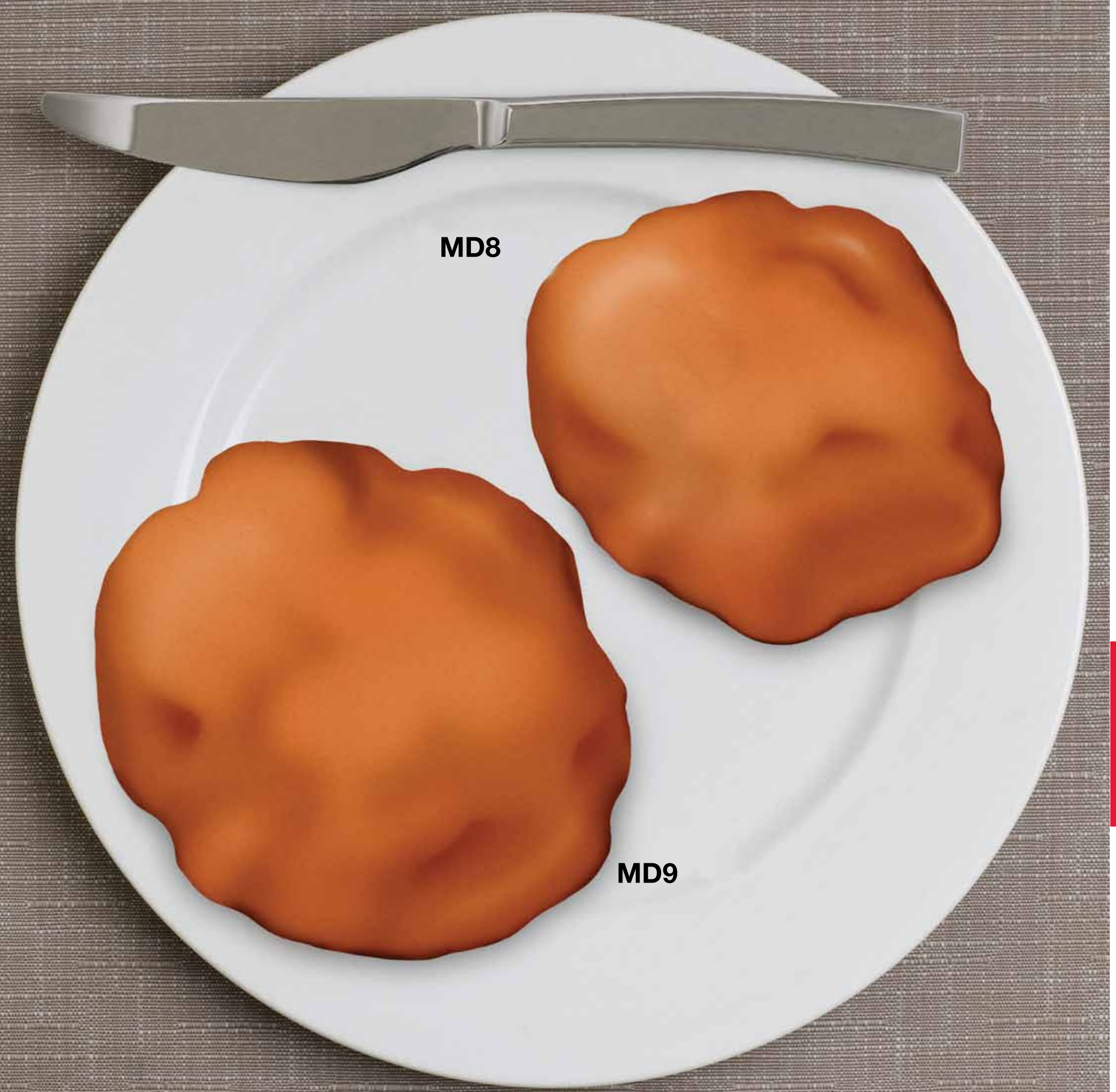
MD1



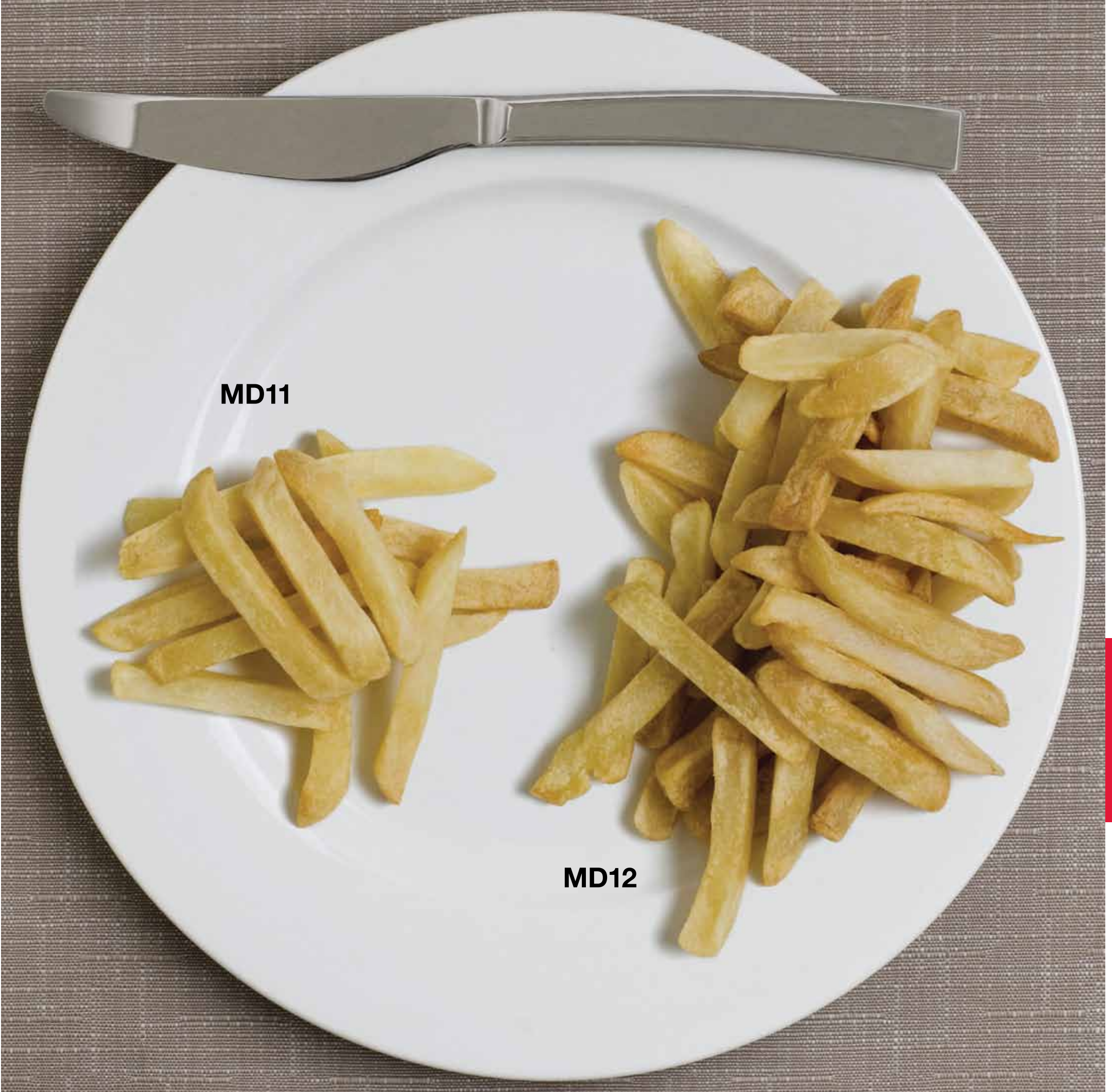
MD2

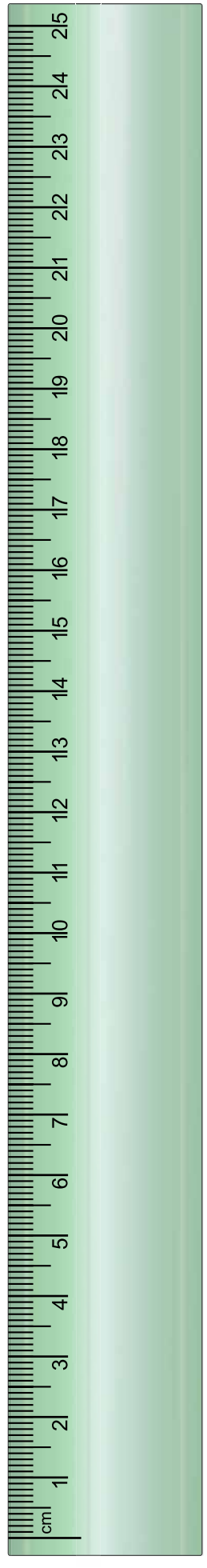
MD3

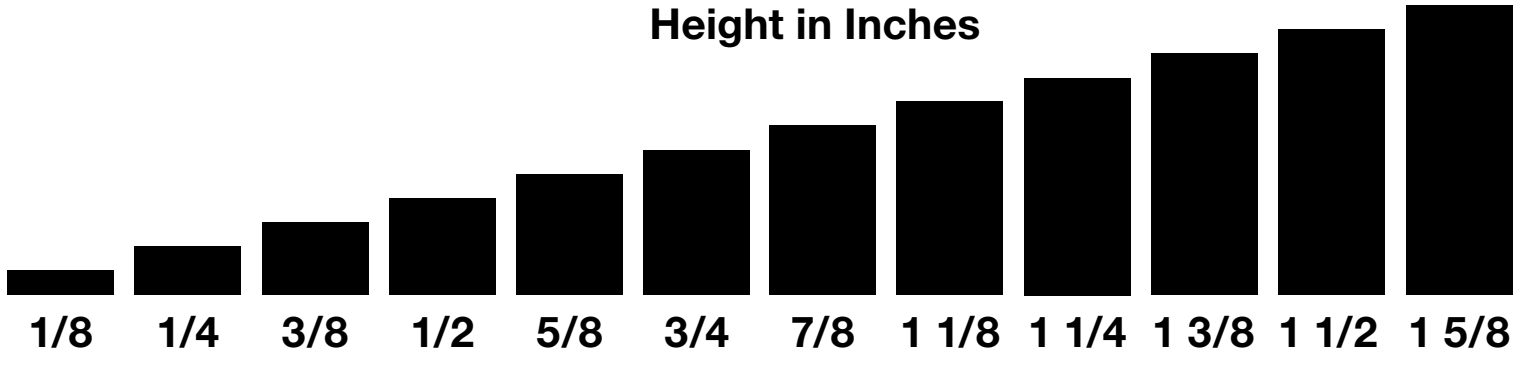

MD4
MD7
MD5
MD6


MD8
MD9

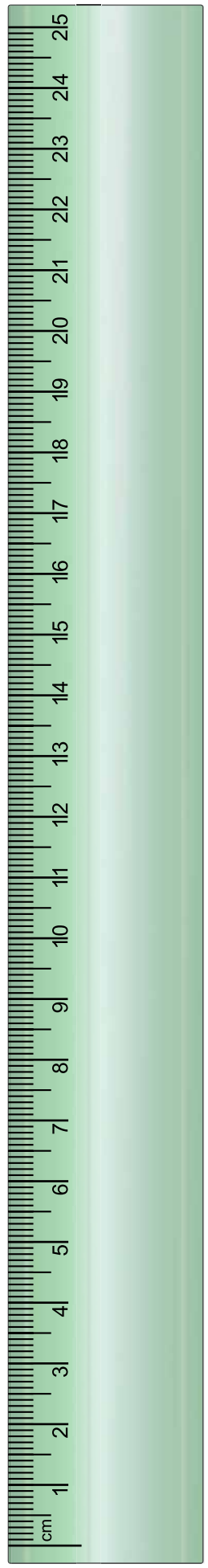
MD10

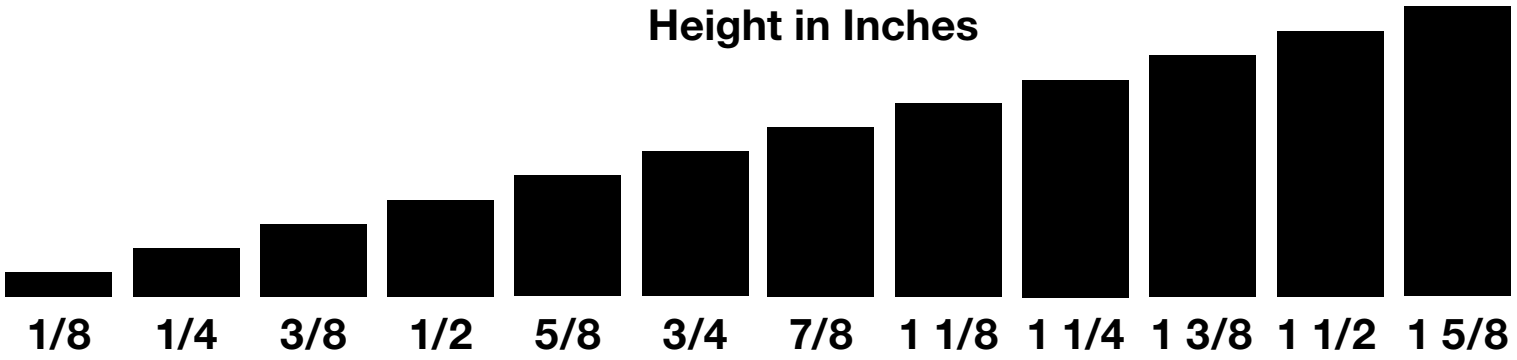

MD11
MD12

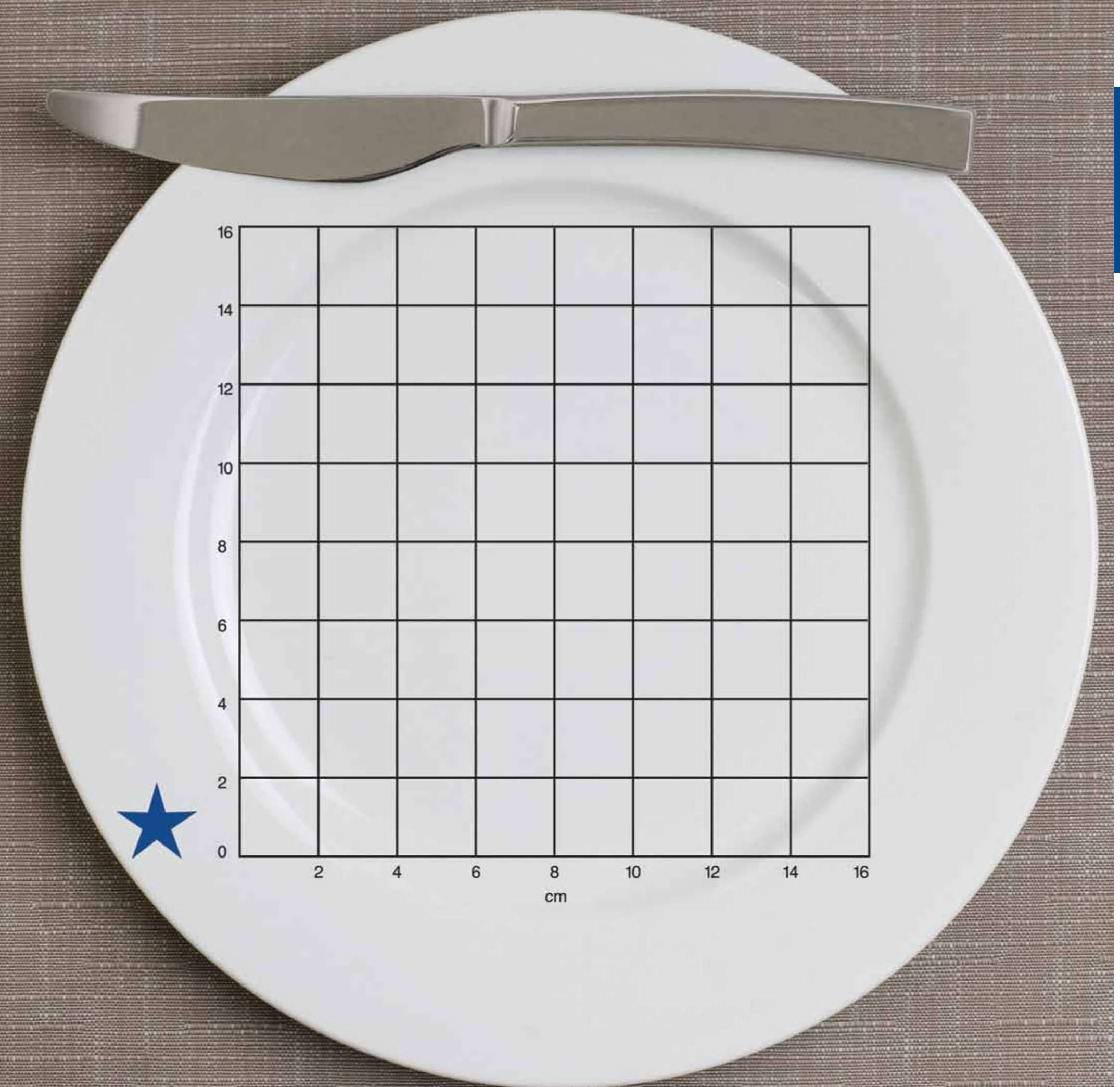

cm
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25


Height in Inches
1/8
1/4
3/8
1/2
5/8
3/4
7/8
1 1/8
1 1/4
1 3/8
1 1/2
1 5/8

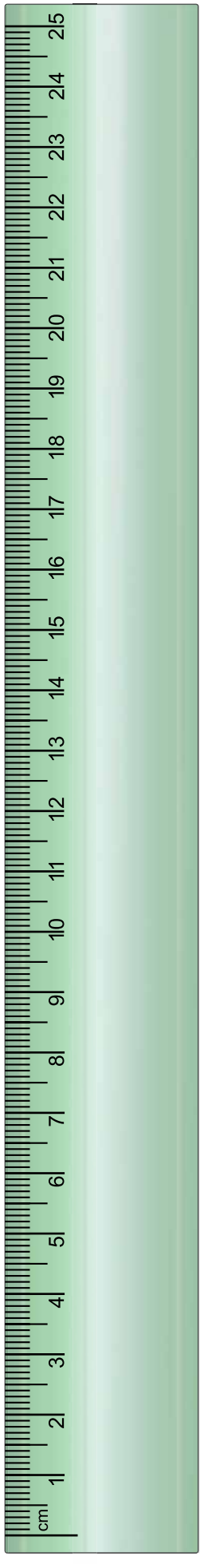
R1 3cm
R2 5cm
R3 8cm
R4 10cm
R5 13cm
R6 15cm
R7 18cm
R9 20cm
R10 23cm

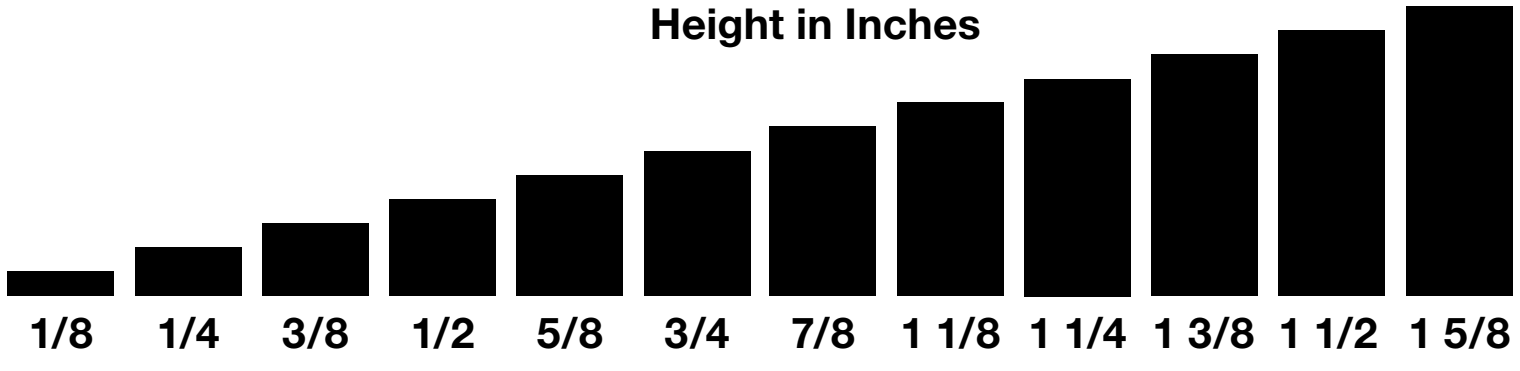

cm
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25

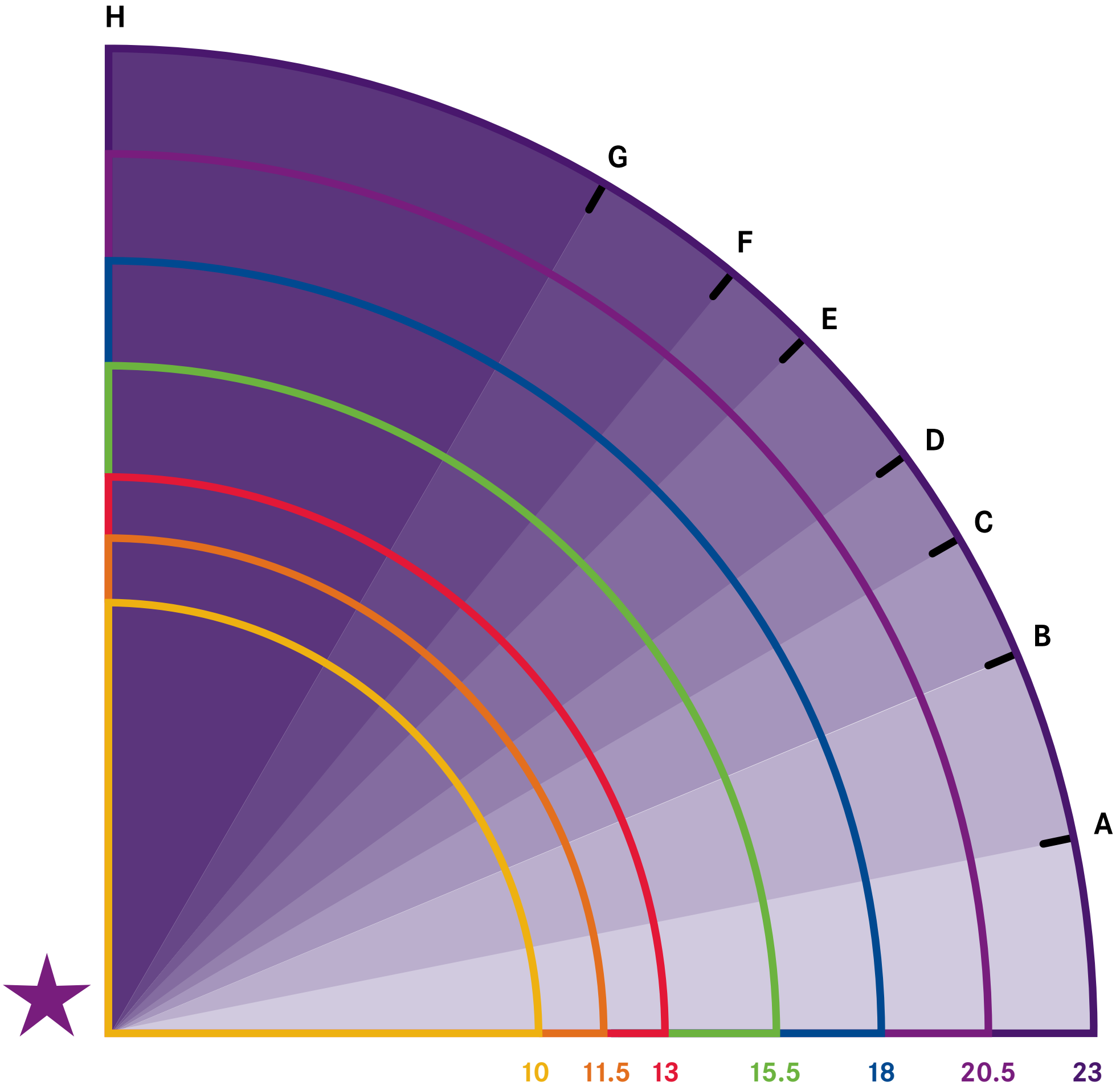

Height in Inches
1/8
1/4
3/8
1/2
5/8
3/4
7/8
1 1/8
1 1/4
1 3/8
1 1/2
1 5/8


16
14
12
10
8
6
4
2
0
2
4
6
8
10
12
14
16
cm

Wedge width calculator								
Cms	A	B	C	D	E	F	G	H
10	2	4	5	6	7.5	8.5	10	14
11.5	2.25	4.5	5.75	7	8.5	9.5	11.5	16.5
13	2.5	5	6.5	8	9.75	11	12.75	18
15.5	3	6	8	9.5	12	13.5	15.5	22
18	3.5	7	9.25	11	13.5	15.5	18	25.5
20.5	4	8	10.5	12.5	15.5	17.5	20.5	29
23	4.5	9	12	14	17.5	19.5	23	32

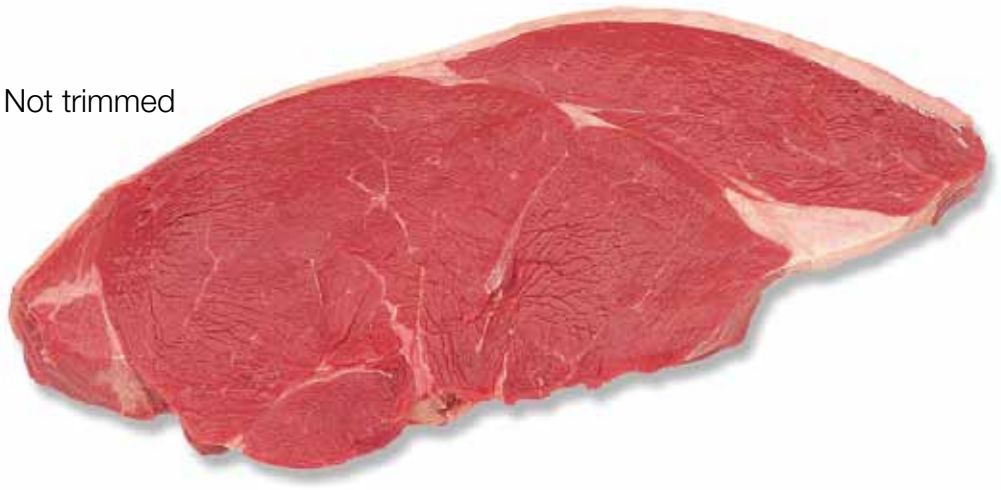




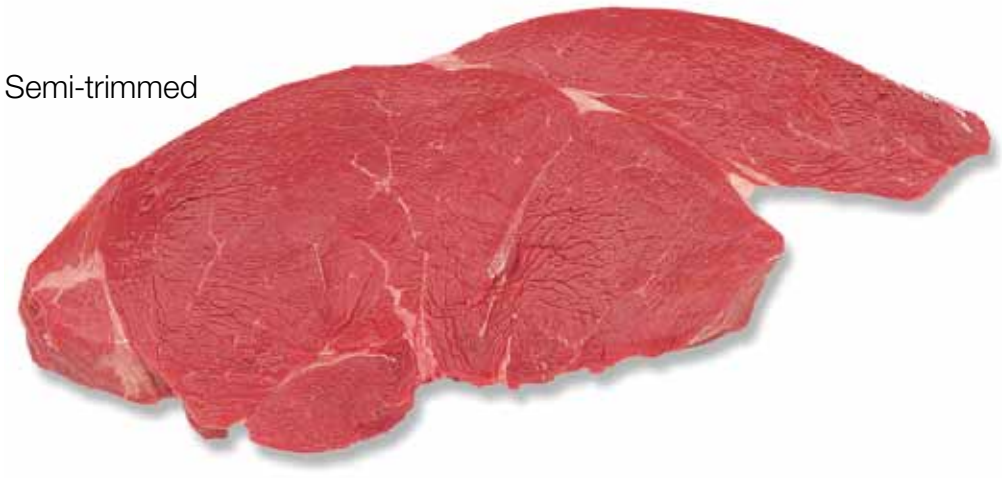

H
G
F
E
D
C
B
A
10
11.5
13
15.5
18
20.5
23

Beef

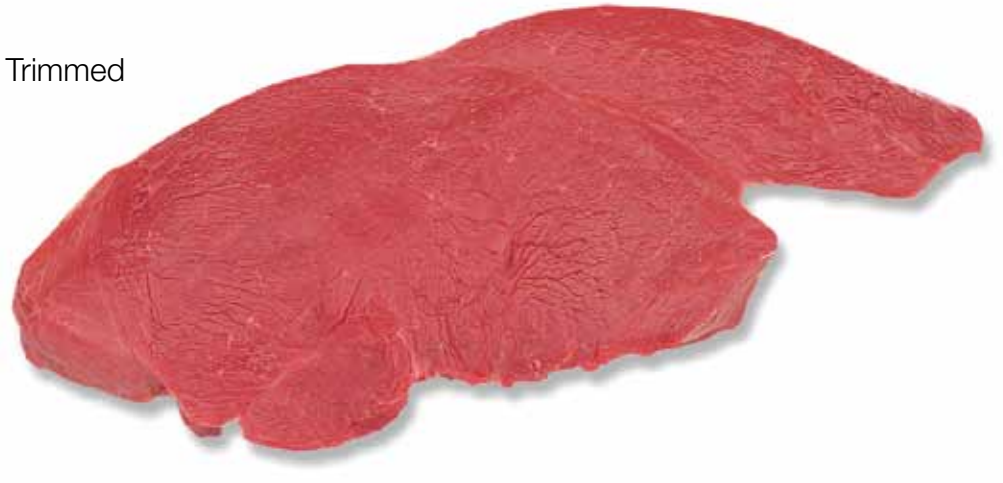
Not trimmed



Semi-trimmed

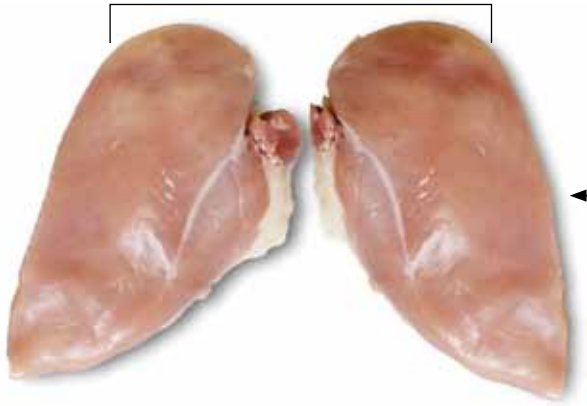


Trimmed

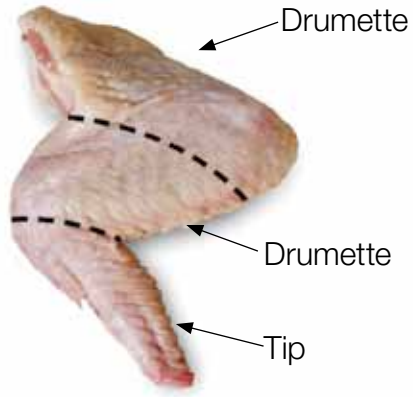


Chicken pieces

Double breast



1 Breast

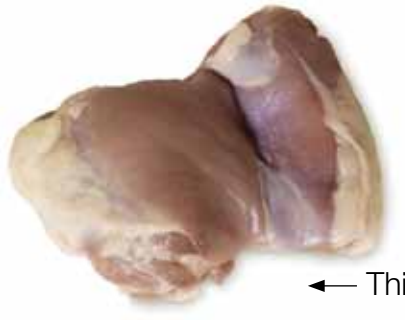


Drumette

Drumette

Tip

Whole wing



Thigh

Drumstick

Whole leg

Chocolate

King size

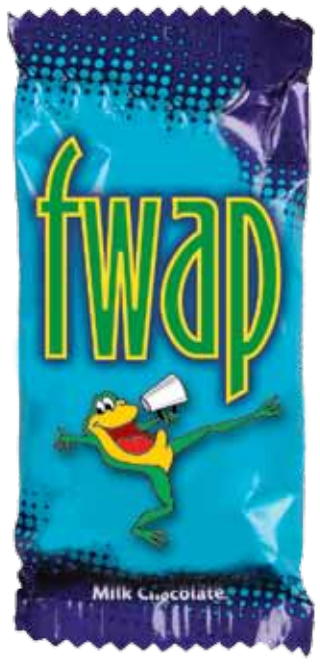
Treat size

Regular size

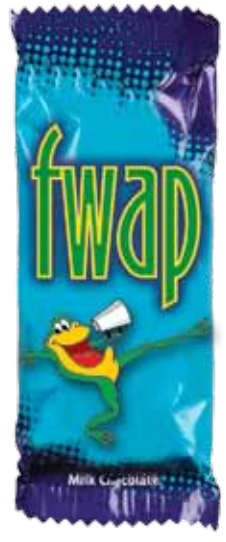
Bite size

Twin

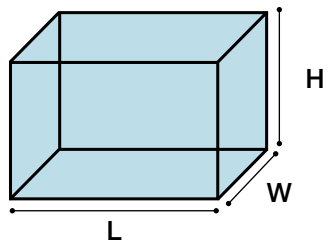
Regular



Mini

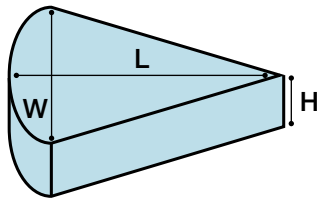


Shapes for volume calculations



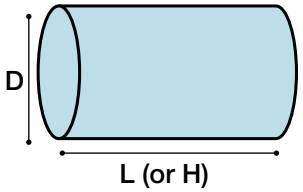
Square or rectangle
(3 dimensions required)

L = Length
W = Width
H = Height



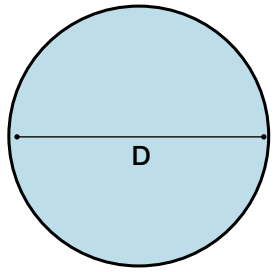
Wedge
(3 dimensions required)

L = Length
W = Width
H = Height/Thickness



Cylinder
(2 dimensions required)

D = Diameter
L = Length/Height



Sphere
(1 dimension required)

D = Diameter

Food measures I commonly use

Useful conversions

Solid measures

Metric	Imperial
20g	3/4 oz
60g	2 oz
125g	4 oz
180g	6 oz
250g	8 oz
500g	16 oz (1 lb)
1kg	32 oz (2 lb)

Liquid measures

Cups	Metric	Imperial
1/4 cup	60ml	2 fl oz
1/3 cup	80ml	2.5 fl oz
1/2 cup	125ml	4 fl oz
2/3 cup	160ml	5 fl oz
3/4 cup	185ml	6 fl oz
1 cup	250ml	8 fl oz
1.5 cups	325ml	12 fl oz
2 cups	500ml	16 fl oz
4 cups	1 litre	32 fl oz

Oven temperatures

Gas Mark	Fahrenheit	Celsius	Description
1/4	225	110	Very cool/very slow
1/2	250	130	
1	275	140	cool
2	300	150	
3	325	170	very moderate
4	350	180	moderate
5	375	190	
6	400	200	moderately hot
7	425	220	hot
8	450	230	
9	475	240	very hot

Australian Health Survey