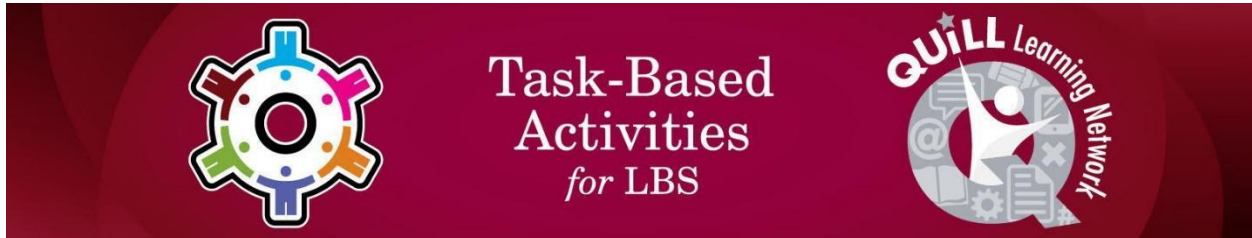


Task Title:

Calculating Recipes and Ingredients_ESP_A1.2_A2.2_B3.2b_C3.2_C3.3



Task Title: Calculating Recipes and Ingredients

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes No

Goal Path: Employment Apprenticeship

Secondary School Post Secondary Independence

Description: Converting ingredient measurements between imperial and metric, and doubling recipes.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Find and Use Information/Interpret documents/A2.2
- Communicate Ideas and Information/Complete and create documents/B3.2b
- Understand and Use Numbers/Use measures/C3.2 and C3.3

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function

Task Title:

Calculating Recipes and Ingredients_ESP_A1.2_A2.2_B3.2b_C3.2_C3.3

Learner Information

When cooking, you will often need to convert measurements between imperial and metric. You may also need to change the quantity of a recipe; for example, you may need to double or triple a recipe to feed a large group of people.

Scan the Imperial/Metric Conversion Chart, Tea Biscuit Recipe and Lasagna Recipe.

Imperial/Metric Conversion		
1 cup	=	250 mL
1 Tbsp	=	20 mL
1 tsp	=	7 mL
1 pound (lb)	=	454 g
1 fl. oz.	=	28.4 mL

Tea Biscuit Recipe

- 2 cups flour
- 1 Tbsp. sugar
- 1 rounded Tbsp. baking powder
- 1/3 cup oil
- 2 tsp. salt
- 2/3 cup milk
- 1/2 cup raisins

Blend the dry ingredients together in a bowl. Add raisins. Mix liquid ingredients in a measuring cup. Add to dry mixture. Mix gently until moisture is absorbed. Turn out onto a floured surface. Knead 15 - 20 times. Roll or pat dough to 1 cm thick. Dip cutter into flour & cut into circles. (You can put two circles on top of each other & press together to make a biscuit that is thicker and will come apart easily.) Bake on an ungreased cookie sheet at 450°F. for 10 minutes. **Makes 24 biscuits.**

Task Title:

Calculating Recipes and Ingredients_ESP_A1.2_A2.2_B3.2b_C3.2_C3.3

Lasagna Recipe

- 1 pound lean ground beef
- 1 jar spaghetti sauce
- 32 ounces cottage cheese
- 3 cups shredded mozzarella cheese, divided
- 2 eggs
- ½ cup grated Parmesan cheese
- 2 teaspoons dried parsley
- salt to taste
- ground black pepper to taste
- 9 lasagna noodles
- ½ cup water

Preheat oven to 350°F. Heat a large skillet over medium-high heat. Cook and stir ground beef until browned and crumbly (about 10 minutes). Drain and discard grease. Stir in spaghetti sauce and simmer for 5 minutes. In a bowl, combine cottage cheese, 2 cups of mozzarella cheese, eggs, half the parmesan cheese, parsley, salt and pepper. Spread ¾ cup of sauce in a 9x13-inch baking dish. Cover with 3 uncooked lasagna noodles, 1 ¾ cups of cheese mixture, and ¼ cup sauce; repeat layers once more. Top with remaining 3 noodles, sauce, mozzarella, and Parmesan cheese. Pour ½ cup water along the edges of the dish. Cover tightly with aluminum foil. Bake in the preheated oven for 45 minutes. Uncover and bake for an additional 10 minutes. Let stand 10 minutes before serving. **Makes 12 servings.**

Task Title:

CalculatingRecipesandIngredients_ESSPS_A1.2_A2.2_B3.2b_C3.2_C3.3

Work Sheet

Task 1: Calculate the quantities for each ingredient in the tea biscuit recipe to double the recipe.

Answer:

Task 2: Convert the quantity of each ingredient in the tea biscuit recipe to metric.

Answer:

Task Title:

CalculatingRecipesandIngredients_ESSPS_A1.2_A2.2_B3.2b_C3.2_C3.3

Task 3: Calculate the quantities of each ingredient you would require to make 24 servings of lasagna.

Answer:

Task 4: You are making tea biscuits and lasagna for 24 people. Each person will eat one serving of lasagna and two tea biscuits. Write a shopping list with all the ingredients you will need and the amounts of each in imperial measurements.

Answer: