



Task Title: Understanding Calculations in Cooking

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☒ Apprenticeship ☒

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will make calculations commonly used by cooks.

Main Competency/Task Group/Level Indicator:

- Communicate Ideas and Information/Complete and create documents/B3.2a
- Understand and Use Numbers/Use measures/C3.2

Materials Required:

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

Learner Information

Cooks perform many calculations when preparing, ordering, and purchasing food. Scan the “Grilled Chicken Caesar Salad”, “Produce Order Form” and “Revised Produce Order Form”.

Grilled Chicken Caesar Salad

Ingredients:

- 2 heads romaine lettuce
- 1 pound button mushrooms, sliced
- 1 cup garlic croutons
- 4 cloves garlic, chopped
- 2 grey onions, sliced
- ½ - 1 cup Caesar dressing
- ½ cup freshly grated parmesan cheese
- 1 teaspoon cracked peppercorns
- 8 chicken breasts, boned and skinned
- 1 teaspoon salt
- 2 teaspoons crushed rosemary

Directions:

1. Tear romaine into bite-size pieces, toss with mushrooms, croutons, garlic, onion and Caesar dressing. Place on chilled salad plates. Spoon 1 teaspoon parmesan cheese over each serving and top with cracked black pepper.
2. Season chicken breasts with salt, pepper and rosemary. Grill about 5 minutes per side. Slice and serve over salad. Garnish with remaining cheese.

Makes 8 full servings and 4 side dishes.

Produce Order Form

Item and Unit Cost	Amount Needed	Total
Romaine Lettuce (\$1.99/head)		
Iceberg Lettuce (\$1.29/head)		
Salad mix (\$3.99/bag)		
Green Onions (\$0.99/bunch)		
Parsley (\$1.99/bunch)		
Basil (\$1.99/bunch)		
Carrots (\$3.99/bunch)		
Mini Carrots (\$4.99/bag)		
Celery (\$2.99/stalk)		
Broccoli (\$2.99/head)		
Cauliflower (\$3.99/head)		
Cucumber (\$0.99/each)		
Radishes (\$2.49/bunch)		
Cherry Tomatoes (\$2.99/basket)		
Tomatoes on Vine (\$3/99/basket)		
Eggplant (\$3.00/each)		
Zucchini (\$2.00/each)		
Spinach (\$3.00/bag)		
Kale (\$2.80/bag)		
Cabbage – Red (\$2.90/each)		
Cabbage – Green (\$3.80/each)		
Total		

Revised Produce Order Form

Item and Unit Cost	Amount Needed	Total
Romaine Lettuce (\$1.99/head)		
Iceberg Lettuce (\$1.29/head)		
Salad mix (\$3.99/bag)		
Green Onions (\$0.99/bunch)		
Parsley (\$1.29/bunch)		
Basil (\$1.29/bunch)		
Carrots (\$3.99/bunch)		
Mini Carrots (\$4.99/bag)		
Celery (\$2.99/stalk)		
Broccoli (\$2.99/head)		
Cauliflower (\$3.99/head)		
Cucumber (\$0.99/each)		
Radishes (\$2.49/bunch)		
Cherry Tomatoes (\$2.99/basket)		
Tomatoes on Vine (\$3/99/basket)		
Eggplant (\$3.00/each)		
Zucchini (\$2.00/each)		
Spinach (\$3.00/bag)		
Kale (\$2.80/bag)		
Cabbage – Red (\$2.90/each)		
Cabbage – Green (\$3.80/each)		
Total		

Work Sheet

Task 1: Thirty (30) minutes before closing, the chef has run out of Chicken Caesar Salad. She decides to make a quarter of the recipe instead of a full batch. Calculate the amount of each ingredient that will be needed.

Answer:

Task 2: The chef needs to place her produce order before the end of the day. Fill in the Produce Order Form and calculate the total amount for this order.

Items to be Ordered:

- 2 bags of salad mix
- 1 bag of mini carrots
- 3 heads of broccoli
- 3 cucumbers
- 4 eggplants
- 2 bags of spinach
- 1 bag of kale

Answer: No written response required here.

Task completed: Yes: ☐

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Task 3: The produce vendor called the chef to let her know that he has basil and parsley on special today. Both cost \$1.29 a bunch. She decides to add two bunches of each to her order. Fill in the Revised Order Form. Calculate the new total including the produce ordered in Task 2.

Answer: No written response required here.

Task completed: Yes: ☐