OALCF Task Cover Sheet

Task Title: Using Canada's Food Guide

Learner Name:
Date Started: **Date Completed:**
Successful Completion: Yes___   No___
Goal Path: Employment✓ Apprenticeship __ Secondary School__ Post Secondary__ Independence ✓

Task Description:

Create a daily menu and calculate calories using Canada's Food Guide.

Competency:	**Task Group(s):**
A: Find and Use Information	A1: Read continuous text
B: Communicate Ideas and Information	A2: Interpret documents
C: Understand and Use Numbers	B2: Write continuous text
D: Use Digital Technology	B3: Complete and create documents
	C3: Use measures
	D: Use Digital technology

Level Indicators:

A1.2:   Read texts to locate and connect ideas and information

A2.2   Interpret simple documents to locate and connect information

A2.3:   Interpret somewhat complex documents to connect, evaluate and integrate information

B2.1:   Write brief texts to convey simple and factual information

B3.1b: Create very simple documents to display and organize a limited amount of information

C3.2:   Use measures to make one step-calculations

C3.3:   Uses measures to make multi-step calculations

D.2:   Perform well-defined, multi-step digital tasks

Performance Descriptors: see chart on last page

Materials Required:

- Pen
- Paper
- Calculator
- Internet access

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Learner Information and Tasks:

A dietitian is preparing a sample menu for a 32 year old female patient who suffers from diabetes and high blood pressure. The dietitian is going to use the Canada's Food guide to make sure the patient has a healthy diet.

Download Canada's Food Guide from the following website http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Task 1: What are the four food groups in Canada's Food Guide?

Task 2: How many servings of each food group must the dietitian include in a daily menu for the patient?

Task 3: How much is one serving of leafy vegetables?

Task 4: Design a one day menu for the patient including breakfast, lunch, supper and 2 snacks. For more samples of food guide servings, go to the following website: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php

Task 5: Given the following information about the approximate calories per serving of food, calculate the patient's total calorie intake from the snack and supper menu found below.

Calories:	Food Group	Approximate Calories per serving
	Vegetables	25 calories
	Fruit	60 calories
	Grain	80 calories
	Milk and Alternatives	100 calories
	Meat and Alternatives	65 calories
	Oils and Fats	45 calories

Snack Menu:	**Supper Menu:**
¾ cup Yogurt	1 cup of brown rice
½ cup of berries	1 ¼ oz of salmon
	1 cup of mixed cooked vegetables
	broccoli and carrots

Task 6:   If the patient were pregnant, how would the dietitian change the menu?

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Answer Key

Task 1:   What are the four food groups in Canada's Food Guide?

Grain Products; Fruits and Vegetables; Milk and Alternatives; Meat and Alternatives

Task 2:   How many servings of each food group must the dietitian include in a daily menu for the patient?

Vegetables and Fruit 7-8
Grain Products 6-7
Milk and Alternatives 2
Meat and Alternatives 2

Task 3:   How much is one serving of leafy vegetables?

One serving of leafy vegetables is 1 cup.

Task 4:   Design a one day menu for the patient, including breakfast, lunch, supper and 2 snacks. For more samples of food guide servings go to the following website:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php

Answers will vary.

Meal	Menu
Breakfast	**¾ cup of hot cereal, ½ cup of milk, ½ cup of fruit, ½ cup of seeds, green tea**
Snack	**Yogurt and berries**
Lunch	**Chicken sandwich that includes two pieces of bread, 1 ¼ oz of chicken, lettuce, tomato, cheese, mayonnaise; carrot and celery sticks, glass of water**
Snack	**1 apple sliced and almond butter**
Supper	

	2 ½ oz of salmon, 1 cup of brown rice, 1 cup of mixed cooked vegetables broccoli and carrots

Task 5: Given the following information about the approximate calories per serving of food, calculate the patient's total calorie intake from the one day menu.

Food Group   Approximate Calories per serving

Vegetables   25 calories
Fruit   60 calories
Grain   80 calories
Milk and Alternatives   100 calories
Meat and Alternatives   65 calories
Oils and Fats   45 calories

Menu		**Food Group**	**Calories**
Snack Menu:	¾ cup Yogurt	=1/2 Milk and Alternatives	=0.5 x 100 = 50
	½ cup of berries	=1 Fruit	= 1 x 60 = 60
Supper Menu:	1 ¼ oz of salmon	=1/2 Meat and Alternatives	=0.5 x 65 = 32.5
	1 cup of brown rice	=2 Grain Products	= 2 x 80 = 160
	1 cup of mixed cooked vegetables	=1 Vegetable	= 1 x 25 = 25
	broccoli and carrots	=1 Vegetable	= 1 x 25 = 25

Approximate Total Calories = 352.5 Calories

Task 6: If the patient were pregnant, how would the dietitian change the menu?

The dietitian would make sure the patient included 2 to 3 extra Food Guide Servings per day. Also the dietitian might suggest that patient take a multivitamin containing folic acid and iron.

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	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	• scans text to locate information			
A2.2	• extracts information from tables and forms			
	• uses layout to locate information			
	• makes connections between parts of documents			
A2.3	• integrates several pieces of information from documents			
B2.1	• conveys simple ideas and factual information			
B3.1b	• follows conventions to display information in lists, labels, simple forms, signs (e.g. images support the message, text is legible)			
	• organizes lists to suit purpose (e.g. chronologically, alphabetically, numerically, sequentially)			
	• includes titles where required			
	• uses labels and headings to organize content			
	• presents text and numbers below one or more headings in lists			
C3.2	• chooses and performs required operation(s); may make inferences to identify required operation(s)			
	• selects appropriate steps to solutions			
	• chooses and performs required operations; makes inferences to identify required operations			
	• finds, integrates and analyzes numerical information			
C3.3	• calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers			

	• selects appropriate steps to solutions from among options			
D.2	• selects and follows appropriate steps to complete tasks			

This task: was successfully completed___   needs to be tried again___

Learner Comments

_____   _____
         Instructor (print)   **Learner Signature**