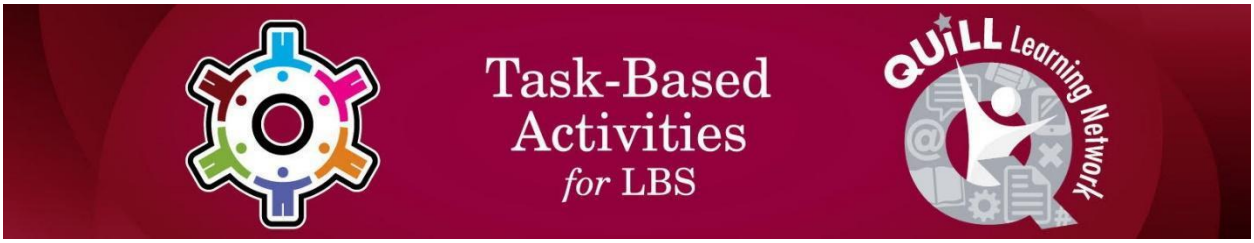

Task Title: Calculating Recipes and Ingredients

OALCF Cover Sheet – Practitioner 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

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.**

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 3/4 cup of sauce in a 9x13-inch baking dish. Cover with 3 uncooked lasagna noodles, 1 3/4 cups of cheese mixture, and 1/4 cup sauce; repeat layers once more. Top with remaining 3 noodles, sauce, mozzarella, and Parmesan cheese. Pour 1/2 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.**

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 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:

Answers

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

Answer:

Double Recipe of tea biscuits

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

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

Answer:

Tea biscuit recipe measurements converted to metric:

- 500 mL flour
- 20 mL sugar
- 20 mL baking powder
- 83.33 mL oil
- 14 mL salt
- 166.67 mL milk
- 125 mL raisins

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

Answer:

24 servings of Lasagna (recipe doubled):

- 2 pounds lean ground beef
- 2 jars spaghetti sauce
- 64 ounces cottage cheese

- 6 cups shredded mozzarella cheese, divided
- 4 eggs
- 1 cup grated Parmesan cheese
- 4 teaspoons dried parsley
- salt to taste
- ground black pepper to taste
- 18 lasagna noodles
- 1 cup water

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:

Tea Biscuits (two batches for 48 biscuits)

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

Lasagna (two batches for 24 servings)

- 2 pounds lean ground beef
- 2 jars spaghetti sauce
- 64 ounces cottage cheese
- 6 cups shredded mozzarella cheese, divided
- 4 eggs
- 1 cup grated Parmesan cheese
- 4 teaspoons dried parsley
- salt to taste
- ground black pepper to taste
- 18 lasagna noodles
- 1 cup water

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	makes low-level inferences			
	follows the main events of descriptive, narrative, and informational texts			
	obtains information from detailed reading			
A2.2	performs limited searches using one or two search criteria			
	extracts information from tables and forms			
	uses layout to locate information			
	makes connections between parts of documents			
	makes low-level inferences			
B3.2b	follows conventions to display information in simple documents (e.g., use of font, colour, shading, bulleted lists)			

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
	sorts entries into categories			
	displays one or two categories of information organized according to content to be presented			
	identifies parts of documents using titles, row and column headings and labels			
C3.2	calculates using numbers expressed as whole numbers, fractions, decimals, percentages, and integers			
	makes estimates			
	understands and uses ratio and proportion			
	converts units of measurement within the same system and between systems			

	chooses and performs required operation(s); may make inferences to identify required operation(s)			
	selects appropriate steps to solutions			
	interprets, represents, and converts measures using whole numbers, decimals, percentages, ratios, and simple, common fractions (e.g., ½, ¼)			
	uses strategies to check accuracy (e.g., estimating, using a calculator, repeating a calculation, using the reverse operation)			
C3.3	calculates using numbers expressed as whole numbers, fractions, decimals, percentages, and integers			
	manages unfamiliar elements (e.g., context, content) to complete tasks			

	makes estimates involving many factors where precision is required			
	chooses and performs required operations; makes inferences to identify required operations			
	selects appropriate steps to solutions from among options			
	identifies a variety of ways to complete tasks			
	interprets, represents, and converts measures using whole numbers, decimals, percentages, ratios, and fractions			
	uses strategies to check accuracy (e.g., estimating, using a calculator, repeating a calculation, using the reverse operation)			

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

Instructor (print): _____

Learner (print): _____