Task Title: Cooking Frozen Foods

OALCF Cover Sheet – Practitioner 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 read heating directions for a frozen pizza.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.1
- Understand and Use Numbers/Manage time/C2.1

Materials Required:

- Pen/pencil and paper and/or digital device
- Timer (e.g. digital watch with timer function, kitchen timer, timer function on a smartphone)

Learner Information

Frozen food instructions ensure that people can properly heat the food to the correct temperature. This is important because undercooked frozen food can make people sick.

Scan the frozen pizza "Baking Directions".

BAKING DIRECTIONS:

- Keep pizza frozen prior to baking.
- Pre-heat oven to 425 degrees.
- Do not eat pizza without baking.
- Remove pizza from box, wrapper and cardboard tray.
- Place in oven directly on center rack and bake for 9 to 13 minutes or until cheese and crust are a golden brown. Check often, ovens may vary.
- Let pizza stand 5 minutes before serving.
- Cut, serve & enjoy.

Note: An internal temperature of 165° F should be achieved in center of pizza

STEP 1:

425°
400° 450°

Preheat oven to 425°

STEP 2:

Place unwrapped pizza on center rack of oven

Do not use an insulated sheet/pan.

STEP 3:

9-13min

Bake for 9 to 13 minutes. Pizza is ready to eat when cheese and crust are golden brown

Work Sheet

Task 1: List the steps you should take before putting the frozen pizza into the oven:

Answer:

_____

Task 2: What should you put the frozen pizza on in the oven?

Answer:

_____

Task 3: Set a timer for the amount of time you should cook the pizza before checking to see if it's done. How many minutes did you set it for?

Answer:

_____

Task 4: How will you know that the pizza is cooked completely?

Answer:

_____

Task 5: According to the baking directions, what should you do once you take the pizza out of the oven?

Answer:

_____

Answers

Task 1: List the steps you should take before putting the frozen pizza into the oven:

Answer:

1. Preheat oven to 425 degrees
2. Remove pizza from box
3. Remove pizza from wrapper
4. Remove pizza from cardboard tray

Task 2: What should you put the frozen pizza on in the oven?

Answer: Place pizza directly on the oven rack

Task 3: Set a timer for the amount of time you should cook the pizza before checking to see if it's done. How many minutes did you set it for?

Answer: Timer should be set for 9 minutes (shortest cooking time), as most people would check cooking at this point. However, anywhere between 9 and 13 minutes would be acceptable as a range is given.

Task 4: How will you know that the pizza is cooked completely?

Answer: Cheese and crust will be golden brown.

Task 5: According to the baking directions, what should you do once you take the pizza out of the oven?

Answer: Let the pizza stand for 5 minutes before serving.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.1	reads short texts to locate a single piece of information			
	decodes words and makes meaning of sentences in a single text			
	follows simple, straightforward instructional texts			
A2.1	scans to locate specific details			
	interprets brief text and common symbols			
	locates specific details in simple documents, such as labels and signs			
	identifies how lists are organized			
C2.1	measures time using common instruments, such as clocks, timers and stopwatches			
	chooses appropriate units of measurement (e.g. hours, minutes, seconds)			
	follows apparent steps to reach solutions			

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

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Learner Comments:

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Instructor (print):   Learner (print):

_____   _____

Task Title: CookingFrozenFoods_I_A2.1_C2.1

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