



Task Title: Understanding Calculations in Cooking

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 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: ☐

Answers

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:

2 heads romaine lettuce / 4 = $\frac{1}{2}$ head
1 pound button mushrooms, sliced / 4 = $\frac{1}{4}$ pound
1 cup garlic croutons / 4 = $\frac{1}{4}$ cup
4 cloves garlic, chopped / 4 = 1 clove
2 grey onions, sliced / 4 = 0.5 onion
 $\frac{1}{2}$ - 1 cup Caesar dressing / 4 = $\frac{1}{8}$ - $\frac{1}{4}$ cup
 $\frac{1}{2}$ cup freshly grated parmesan cheese / 4 = $\frac{1}{8}$ cup
1 teaspoon cracked peppercorns = $\frac{1}{4}$ teaspoon
8 chicken breasts, boned and skinned / 4 = 2 chicken breasts
1 teaspoon salt / 4 = $\frac{1}{4}$ teaspoon
2 teaspoons crushed rosemary / 4 = $\frac{1}{2}$ teaspoon

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

Item and Unit Cost	Amount Needed	Total
Romaine Lettuce (\$1.99/head)		
Iceberg Lettuce (\$1.29/head)		
Salad mix (\$3.99/bag)	2	\$7.98
Green Onions (\$0.99/bunch)		
Parsley (\$1.99/bunch)		
Basil (\$1.99/bunch)		
Carrots (\$3.99/bunch)		
Mini Carrots (\$4.99/bag)	1	\$4.99
Celery (\$2.99/stalk)		
Broccoli (\$2.99/head)	3	\$8.97
Cauliflower (\$3.99/head)		
Cucumber (\$0.99/each)	3	\$2.97
Radishes (\$2.49/bunch)		
Cherry Tomatoes (\$2.99/basket)		
Tomatoes on Vine (\$3.99/basket)		
Eggplant (\$3.00/each)	4	\$12.00
Zucchini (\$2.00/each)		
Spinach (\$3.00/bag)	2	\$6.00
Kale (\$2.80/bag)	1	\$2.80
Cabbage – Red (\$2.90/each)		
Cabbage – Green (\$3.80/each)		
Total		\$45.71

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:

Item and Unit Cost	Amount Needed	Total
Romaine Lettuce (\$1.99/head)		
Iceberg Lettuce (\$1.29/head)		
Salad mix (\$3.99/bag)	2	\$7.98
Green Onions (\$0.99/bunch)		
Parsley (\$1.29/bunch)	2	\$2.58
Basil (\$1.29/bunch)	2	\$2.58
Carrots (\$3.99/bunch)		
Mini Carrots (\$4.99/bag)	1	\$4.99
Celery (\$2.99/stalk)		
Broccoli (\$2.99/head)	3	\$8.97
Cauliflower (\$3.99/head)		
Cucumber (\$0.99/each)	3	\$2.97
Radishes (\$2.49/bunch)		
Cherry Tomatoes (\$2.99/basket)		
Tomatoes on Vine (\$3.99/basket)		
Eggplant (\$3.00/each)	4	\$12.00
Zucchini (\$2.00/each)		
Spinach (\$3.00/bag)	2	\$6.00
Kale (\$2.80/bag)	1	\$2.80
Cabbage – Red (\$2.90/each)		
Cabbage – Green (\$3.80/each)		
Total		\$50.87

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
B3.2a	uses layout to determine where to make entries			
	begins to make some inferences to decide what information is needed, where and how to enter the information			
	follows instructions on documents			
C3.2	calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers			
	understands and uses ratio and proportion			
	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. $\frac{1}{2}$, $\frac{1}{4}$)			
	uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation)			

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

Learner Comments:

Instructor (print):

Learner (print):