OALCF Task Cover Sheet

Task Title: Kraft Dinner Ingredients

Learner Name:
Date Started: **Date Completed:**
Successful Completion: Yes___   No___
Goal Path: Employment___ Apprenticeship___ Secondary School_✓_ Post Secondary _✓__ Independence
Task Description: The learner will examine the ingredient list on a Kraft Dinner box.

Competency:	**Task Group(s):**
A: Find and Use Information	A2: Interpret documents
B: Communicate Ideas and Information	B3: Complete and create documents
D: Use Digital Technology	D2: Use Digital Technology

Level Indicators:
A2.2:   Interpret simple documents to locate and connect information
B3.2a: Use layout to determine where to make entries in simple documents
D2:   Perform well-defined, multi-step digital tasks
Performance Descriptors: see chart on last page
Materials Required: - Learner information and instructions (next page)   - Kraft Dinner Box ingredient list (on Learner information and instructions page)   - Ingredients chart (on two pages following Learner information and instructions)   - Pencil or pen (or computer with wordprocessor)   - Paper   - Computer with Internet search access

Task Title: Kraft Dinner Ingredients
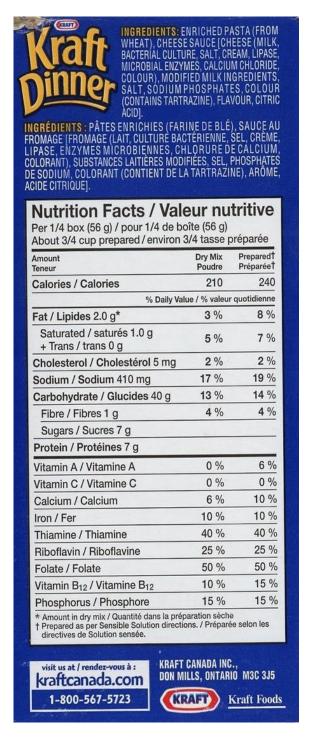
Learner Information and Tasks:

For these tasks you will be examining the ingredients in Kraft Dinner.

Task 1: Copy the list of ingredients from the Kraft Dinner box below, to the chart on the next two pages.

Task 2: Beside each ingredient check the food/nutrient group that it belongs to or what its purpose is in the product. Put a question mark beside those ingredients you do not know.

Task 3: Use the computer to research the ingredients that are not familiar to you and add the information to the chart.

INGREDIENTS: ENRICHED PASTA (FROM WHEAT), CHEESE SAUCE [CHEESE (MILK, BACTERIAL CULTURE, SALT, CREAM, LIPASE, MICROBIAL ENZYMES, CALCIUM CHLORIDE, COLOUR), MODIFIED MILK INGREDIENTS, SALT, SODIUM PHOSPHATES, COLOUR (CONTAINS TARTRAZINE), FLAVOUR, CITRIC ACID].

INGRÉDIENTS : PÂTES ENRICHIES (FARINE DE BLÉ), SAUCE AU FROMAGE [FROMAGE (LAIT, CULTURE BACTÉRIENNE, SEL, CRÈME, LIPASE, ENZYMES MICROBIENNES, CHLORURE DE CALCIUM, COLORANT), SUBSTANCES LAITIÈRES MODIFIÉES, SEL, PHOSPHATES DE SODIUM, COLORANT (CONTIENT DE LA TARTRAZINE), ARÔME, ACIDE CITRIQUE].

Nutrition Facts / Valeur nutritive

Per 1/4 box (56 g) / pour 1/4 de boîte (56 g)
About 3/4 cup prepared / environ 3/4 tasse préparée

Amount Teneur	Dry Mix Poudre	Prepared† Préparée†
Calories / Calories	210	240
% Daily Value / % valeur quotidienne		
Fat / Lipides 2.0 g*	3 %	8 %
Saturated / saturés 1.0 g + Trans / trans 0 g	5 %	7 %
Cholesterol / Cholestérol 5 mg	2 %	2 %
Sodium / Sodium 410 mg	17 %	19 %
Carbohydrate / Glucides 40 g	13 %	14 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 7 g		
Protein / Protéines 7 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	6 %	10 %
Iron / Fer	10 %	10 %
Thiamine / Thiamine	40 %	40 %
Riboflavin / Riboflavine	25 %	25 %
Folate / Folate	50 %	50 %
Vitamin B_{12} / Vitamine B_{12}	10 %	15 %
Phosphorus / Phosphore	15 %	15 %

* Amount in dry mix / Quantité dans la préparation sèche
† Prepared as per Sensible Solution directions. / Préparée selon les directives de Solution sensée.

visit us at / rendez-vous à :
kraftcanada.com
1-800-567-5723

KRAFT CANADA INC.,
DON MILLS, ONTARIO M3C 3J5

KRAFT Kraft Foods

Task Title: Kraft Dinner Ingredients

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	Grains	Milk	Meat	Salt	Sugar	Other - Give Purpose

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	Grains	Milk	Meat	Salt	Sugar	Other - Give Purpose

Task Title: Kraft Dinner Ingredients

Answer Key

Task 1, 2 and 3:

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	**Grains**	**Milk**	**Meat**	**Salt**	**Sugar**	**Other - Give Purpose**
Enriched wheat pasta		✔					
Cheese – milk			✔				
Bacterial culture							Provides distinct flavouring and textural characteristics to cheese
Salt					✔		
Cream			✔				
Lipase							An enzyme added to milk to release flavour
Microbial enzymes							An enzyme used to coagulate milk so it can be separated into solids and liquid
Calcium chloride							Salt solution used in cheese making to restore the calcium balance
Colour							Provides colouring to the cheese

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	Grains	Milk	Meat	Salt	Sugar	Other - Give Purpose
Modified milk ingredients			✓				
Salt					✓		
Sodium phosphate							Leavening agent to help the dough rise
Colour - tartrazine							A petroleum by product used to offset colour loss
Flavour							Provides flavouring for the cheese sauce
Citric acid							A preservative to maintain freshness and prevent food spoilage

Task Title: Kraft Dinner Ingredients

	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A2.2	• Performs limited searches using one or two search criteria			
	• Extracts information from tables and forms			
	• Uses layout to locate information			
	• Makes low-level inferences			
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			
D2	• Selects and follows appropriate steps to complete tasks			
	• Locates and recognizes functions and commands			
	• Makes low-level inferences to interpret icons and text			
	• Begins to identify sources and evaluate information			
	• Performs simple searches using keywords (e.g. Internet, software help menu)			

This task: was successfully completed___   needs to be tried again___

Learner Comments

_____   _____

Instructor (print)   **Learner Signature**