

## OALCF Task Cover Sheet

**Task Title:** Finding Nutritional information Online

<b>Learner Name:</b>	
<b>Date Started:</b>	<b>Date Completed:</b>
<b>Successful Completion:</b> Yes ___ No ___	
<b>Goal Path:</b> Employment ___ Apprenticeship ___ Secondary School ___ Post Secondary ___ Independence ✓	
<b>Task Description:</b> In this task set, a learner is asked to look up nutritional information about food items on the Tim Horton's website based on specific situations, such as allergies and calorie limitations. The website provides detailed information about nutritional content (e.g. calories, fat, protein, sugar, etc.) of all menu items, an allergy chart and a nutrition calculator.	
<b>Competencies:</b> A: Find and Use Information  B: Communicate Ideas and Information C: Understand and Use Numbers D: Use Digital Technology	<b>Task Group(s):</b> A1: Read continuous text A2: Interpret documents B2: Write continuous text C3: Use measures D1: Perform simple digital tasks according to a set procedure D2: Perform well-defined, multi-step digital tasks
<b>Level Indicators:</b> A1.1: Read brief texts to locate specific details A2.1: Interpret very simple documents to locate specific details A2.2: Interpret simple documents to locate and connect information B2.1: Write brief texts to convey simple ideas and factual information C3.1: Measure and make simple comparisons and calculations D.1: Perform simple digital tasks according to a set procedure D.2: Perform well-defined, multi-step digital tasks	
<b>Performance Descriptors:</b> see chart on last page	
<b>Materials Required:</b> <ul style="list-style-type: none"><li>• Question or Task Sheet</li><li>• Computer with Internet Access and printer</li></ul>	

**Instructor Preparation:** Review the Tasks below. Help the learner prepare with skill-building activities especially website navigation.

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In this task, you will use the Tim Hortons website to ensure that you stay within calorie restrictions while being aware of possible food allergies. All of the Tasks below are based on the website “Tim Hortons Canada” English version. There is also a French version of the website.

<http://www.timhortons.com/ca/en/about/index.html>

**Task 1:** Open up the web browser on the computer. Type in or copy and paste the weblink listed above. (Alternative: You can use Google or another web search site to find “Tim Hortons Canada”).

**Task 2:** Locate the “In Our Restaurant” option in the top menu of the web page. It is a drop down menu. From the menu, click on “On Our Menu”. What does Tim Hortons specialize in on their menu?

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**Task 3:** Locate “Nutritional Info” in the menu on the left side of the web page. Click on “Nutritional Info”. Write down three of the “Frequently Asked Questions” listed on the page.

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**Task 4:** What is in Tim Hortons Coffee?

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**Task 5:** At your workplace, people take turns picking up snacks and drinks from Tim Hortons at lunch break. It is your turn today. Suzanne, a co-worker, requests a cinnamon raisin bagel and tells you she is allergic to sulphites. Mario, another co-worker, requests turkey-rice soup but has an egg allergy. They are both very busy with clients. You offer to check on the allergy chart to see if their requests fit into their allergy restrictions. Use the “Tim Hortons Allergy Chart” on the Nutrition Info web page.

a) Does the bagel contain sulphites? \_\_\_\_\_

b) Can Mario eat the turkey-rice soup? \_\_\_\_\_

**Task 6:** You have decided to limit your calorie and fat intake in order to lose weight. Using the Nutritional Calculator, how many calories and grams of fat are included in a lunch of one small chilli, large steeped tea with one milk and one sugar?

**Task 7:** Using the same lunch order, click on the “Detailed Nutritional Info” button underneath the “Totals Preview” on the right side of the web page.

a) How many grams of sugar in the whole meal?

b) How many milligrams of sodium?

c) Are there any trans fats in the lunch?

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**Answer Sheet**

Task 2: Locate the “In Our Restaurant” option in the top menu of the web page. It is a drop down menu. From the menu, click on “On Our Menu”. What does Tim Hortons specialize in on their menu?

**coffee and other beverages, baked goods, and a wide variety of breakfast and lunch options**

Task 3: Locate “Nutritional Info” in the menu on the left side of the web page. Click on “Nutritional Info”. Write down three of the “Frequently Asked Questions” listed on the page.

**(various FAQs)**

Task 4: What is in Tim Hortons Coffee? **100% Arabica coffee beans**

Task 5: A) Does the bagel contain sulphites? **Yes**

B) Can Mario eat the turkey-rice soup? **No – there is egg in it**

Task 6: How many calories and grams of fat are included in a lunch of one small chilli, large steeped tea with one milk and one sugar?

**There are 355 calories and 17 grams of fat**

Task 7: A) How many grams of sugar in the whole meal? **19 grams of sugar**

B) How many milligrams of sodium? **1200 mg of sodium**

C) Are there any trans fats in the lunch? **no trans fats**

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<b>Performance Descriptors</b>		<b>Needs Work</b>	<b>Completes task with support from practitioner</b>	<b>Completes task independently</b>
A1.1	<ul style="list-style-type: none"> <li>reads short texts to locate a single piece of information</li> </ul>			
	<ul style="list-style-type: none"> <li>decodes words and makes meaning of sentences in a single text</li> </ul>			
	<ul style="list-style-type: none"> <li>follows the sequence of events in straightforward chronological texts</li> </ul>			
	<ul style="list-style-type: none"> <li>follow simple, straightforward instructional texts</li> </ul>			
	<ul style="list-style-type: none"> <li>identifies the main idea in brief texts</li> </ul>			
A2.1	<ul style="list-style-type: none"> <li>scans to locate specific details</li> </ul>			
	<ul style="list-style-type: none"> <li>interprets brief text and common symbols</li> </ul>			
	<ul style="list-style-type: none"> <li>locates specific details in simple documents, such as labels and signs</li> </ul>			
	<ul style="list-style-type: none"> <li>identifies how lists are organized (e.g. sequential, chronological, alphabetical)</li> </ul>			
	<ul style="list-style-type: none"> <li>requires support to identify sources and to evaluate and integrate information</li> </ul>			
A2.2	<ul style="list-style-type: none"> <li>performs limited searches using one or two search criteria</li> </ul>			
	<ul style="list-style-type: none"> <li>extracts information from tables and forms</li> </ul>			
	<ul style="list-style-type: none"> <li>locates information in simple graphs and maps</li> </ul>			
	<ul style="list-style-type: none"> <li>uses layout to locate information</li> </ul>			
	<ul style="list-style-type: none"> <li>makes connections between parts of documents</li> </ul>			
	<ul style="list-style-type: none"> <li>makes low-level inferences</li> </ul>			
	<ul style="list-style-type: none"> <li>begins to identify sources and evaluate information</li> </ul>			
B2.1	<ul style="list-style-type: none"> <li>writes simple texts to request, remind or inform</li> </ul>			
	<ul style="list-style-type: none"> <li>conveys simple ideas and factual information</li> </ul>			
	<ul style="list-style-type: none"> <li>demonstrates a limited understanding of sequence</li> </ul>			

	<ul style="list-style-type: none"> <li>uses sentence structure, upper and lower case and basic punctuation</li> </ul>			
	<ul style="list-style-type: none"> <li>uses highly familiar vocabulary</li> </ul>			
C3.1	<ul style="list-style-type: none"> <li>recognizes values in number and word format</li> </ul>			
	<ul style="list-style-type: none"> <li>chooses appropriate units (e.g. metres, inches) and non-standard units (e.g. paces, cupfuls, scoops)</li> </ul>			
	<ul style="list-style-type: none"> <li>interprets and represents measures using symbols and abbreviations (e.g. inches as “, centimeters as cm, pounds as lbs, kilograms as kilos or kg)</li> </ul>			
D.1	<ul style="list-style-type: none"> <li>follows simple prompts</li> </ul>			
	<ul style="list-style-type: none"> <li>follows apparent steps to complete tasks</li> </ul>			
	<ul style="list-style-type: none"> <li>interprets brief text and icons</li> </ul>			
	<ul style="list-style-type: none"> <li>locates specific functions and information</li> </ul>			
	<ul style="list-style-type: none"> <li>requires support to identify sources and to evaluate and integrate information</li> </ul>			
	<ul style="list-style-type: none"> <li>begins to perform simple searches (e.g. internet, software help menu)</li> </ul>			
D.2	<ul style="list-style-type: none"> <li>selects and follows appropriate steps to complete tasks</li> </ul>			
	<ul style="list-style-type: none"> <li>locates and recognizes functions and commands</li> </ul>			
	<ul style="list-style-type: none"> <li>makes low-level inferences to interpret icons and text</li> </ul>			
	<ul style="list-style-type: none"> <li>begins to identify sources and evaluate information</li> </ul>			
	<ul style="list-style-type: none"> <li>performs simple searches using keywords (e.g. internet, software help menu)</li> </ul>			

**This task:** was successfully completed \_\_\_ needs to be tried again \_\_\_

<b>Learner Comments</b>

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**Instructor (print)**

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**Learner Signature**