

OALCF Task Cover Sheet

Task Title: Reading Food Labels to Review Ingredients

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| Learner Name: | |
| Date Started: | Date Completed: |
| Successful Completion: Yes ___ No ___ | |
| Goal Path: Employment__ Apprenticeship__ Secondary School__ Post Secondary__ Independence✓ | |
| Task Description: Read food labels to review ingredients of sandwich meat at the deli counter. | |
| Competency: A: Find and Use Information | Task Group(s): A1: Read continuous text A2: Interpret Documents |
| Level Indicators: A1.2: Read texts to locate and connect ideas and information A2.2: Interpret simple documents to locate and connect information | |
| Performance Descriptors: see chart on last page | |
| Materials Required: <ul style="list-style-type: none">• Pen and paper• Deli meat ingredient labels (attached) | |

Instructor preparation: Review tasks with learner to check understanding. Ensure learner understands how ingredient labels are organized (listed by largest to smallest amount).

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To make healthy choices about the food they eat, it is important for people to review the ingredients in the food they are buying.

You are at the Deli counter in your local grocery store. You notice the store has posted labels of the ingredients in many of the deli meats they sell. The ingredients are listed in order of largest to smallest. This means that the first ingredient listed would be the largest ingredient in the product.

Read through the sandwich meat labels to answer these questions about the ingredients in the meat.

Task 1: What is the second largest ingredient in the sandwich spread?

Task 2: Circle or highlight the name of the product that contains smoked bacon.

Task 3: Does the ring bologna contain more beef or more pork? _____

Task 4: List the three products that contain onions.

Task 5: Which sandwich meat contains hickory smoke flavouring?

Task 6: In the sandwich spread, you can see some small red bits of something. What are the red bits?

Task 7: You are having a friend over for lunch who cannot eat pork. Which three meats at the deli counter could you serve your friend?

Task 8: Your Grandmother has asked you to buy her some sandwich meat. She is on a salt-free diet. Her doctor has told her not to eat any food product if the label says it contains salt or sodium. Can she have any of the lunch meat listed at the deli?

Task 9: With your class or your instructor, discuss the health issues associated with eating processed meat. What other choices are there?

| SANDWICH MEAT INGREDIENT LISTINGS: | |
|--|---|
| <p>Beef Breakfast Sausage Ingredients: Beef, water, salt, flavouring, dextrose, monosodium glutamate.</p> | <p>Beef Wieners Hickory smoke flavouring added. Other Ingredients: Beef, water, dextrose, salt, corn syrup, spices and flavouring, hickory smoke flavouring, sodium lactate, sodium citrate, sodium nitrite</p> |
| <p>Sliced Braunschweiger Ingredients: Pork liver, pork, smoked bacon (cured with water, salt, sugar, sodium phosphate, sodium ascorbate, sodium nitrite), soaked dehydrated onions, dextrose flavouring, sodium nitrite</p> | <p>Spam Luncheon Spread Ingredients: Pork shoulder meat with ham added, salt, water, sugar, sodium nitrite, flavouring</p> |
| <p>Cotto Salami Ingredients: Pork, pork hearts, beef, water, salt, corn syrup, dextrose, ascorbic acid, sodium nitrite.</p> | <p>Chicken Spread Ingredients: Chicken broth, chicken, chicken fat, vegetable shortening, starch, corn starch, salt, dehydrated onions, monosodium glutamate, soy sauce, spices, citric acid, dextrose, hydrolyzed vegetable protein, turmeric.</p> |
| <p>Ring Bologna Ingredients: Beef, pork, water, salt, dextrose, corn syrup, flavouring, sodium nitrite, sodium erythroate.</p> | <p>Head Cheese Ingredients: Pork, water, pork hearts, salt, gelatin, vinegar, dextrose, flavouring, ascorbic acid, sodium nitrite.</p> |
| <p>Sandwich Spread Ingredients: Pork, water, sweet pickles with juice, beef, partially defatted pork fatty tissue, pork hearts, corn syrup, red sweet peppers, vinegar, mayonnaise, salt, sugar, starch, flavouring, onions, sodium nitrite.</p> | |

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Answers:

Task 1:

1. Water (second ingredient listed)
2. Sliced Braunschweiler
3. Beef (first ingredient listed)
4. Sandwich Spread, Sliced Braunschweiler, Chicken Spread
5. Beef Wieners

Task 2: Red sweet peppers

Task 3: Beef Breakfast Sausage, Chicken Spread and Beef Wieners.

Task 4: No

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| Performance Descriptors | | Needs Work | Completes task with support from practitioner | Completes task independently |
|-------------------------|--|------------|---|------------------------------|
| A1.2: | <ul style="list-style-type: none"> Scans text to locate information | | | |
| | <ul style="list-style-type: none"> Locates multiple pieces of information in simple texts | | | |
| | <ul style="list-style-type: none"> Makes low-level inferences | | | |
| A2.2 | <ul style="list-style-type: none"> Performs limited searches using one or two search criteria | | | |
| | <ul style="list-style-type: none"> Extracts information from tables and forms | | | |
| | <ul style="list-style-type: none"> Uses layout to locate information | | | |
| | <ul style="list-style-type: none"> Makes connections between parts of documents | | | |
| | <ul style="list-style-type: none"> Makes low-level inferences | | | |

This task: was successfully completed___ needs to be tried again___

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| Learner Comments |
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Instructor (print)

Learner Signature