

Task Title: Calculating Recipes and Ingredients

# OALCF Cover Sheet – Practitioner Copy

**Learner Name:**

**Date Started:**

**Date Completed:**

|  |  |  |
| --- | --- | --- |
| **Goal Path:** | Employment | Apprenticeship |
| Secondary School | Post Secondary | Independence |

**Successful Completion:**  Yes No

**Description:** Converting ingredient measurements between imperial and metric, and doubling recipes.

**Main Competency/Task Group/Level Indicator:**

* Find and Use Information/Read continuous text/A1.2
* Find and Use Information/Interpret documents/A2.2
* Communicate Ideas and Information/Complete and create documents/B3.2b
* Understand and Use Numbers/Use measures/C3.2 and C3.3

**Materials Required:**

* Pen/pencil and paper and/or digital device
* Calculator or digital device with calculator function

# Learner Information

When cooking, you will often need to convert measurements between imperial and metric. You may also need to change the quantity of a recipe; for example, you may need to double or triple a recipe to feed a large group of people.

Scan the Imperial/Metric Conversion Chart, Tea Biscuit Recipe and Lasagna Recipe.

|  |  |  |
| --- | --- | --- |
| **Imperial/Metric Conversion** | | |
| **1 cup** | **=** | **250 mL** |
| **1 Tbsp** | **=** | **20 mL** |
| **1 tsp** | **=** | **7 mL** |
| **1 pound (lb)** | **=** | **454 g** |
| **1 fl. oz.** | **=** | **28.4 mL** |

**Tea Biscuit Recipe**

* 2 cups flour
* 1 Tbsp. sugar
* 1 rounded Tbsp. baking powder
* 1/3 cup oil
* 2 tsp. salt
* 2/3 cup milk
* 1/2 cup raisins

Blend the dry ingredients together in a bowl. Add raisins. Mix liquid ingredients in a measuring cup. Add to dry mixture. Mix gently until moisture is absorbed. Turn out onto a floured surface. Knead 15 - 20 times. Roll or pat dough to 1 cm thick. Dip cutter into flour & cut into circles. (You can put two circles on top of each other & press together to make a biscuit that is thicker and will come apart easily.) Bake on an ungreased cookie sheet at 450°F. for 10 minutes. **Makes 24 biscuits.**

**Lasagna Recipe**

* 1 pound lean ground beef
* 1 jar spaghetti sauce
* 32 ounces cottage cheese
* 3 cups shredded mozzarella cheese, divided
* 2 eggs
* ½ cup grated Parmesan cheese
* 2 teaspoons dried parsley
* salt to taste
* ground black pepper to taste
* 9 lasagna noodles
* ½ cup water

Preheat oven to 350°F. Heat a large skillet over medium-high heat. Cook and stir ground beef until browned and crumbly (about 10 minutes). Drain and discard grease. Stir in spaghetti sauce and simmer for 5 minutes. In a bowl, combine cottage cheese, 2 cups of mozzarella cheese, eggs, half the parmesan cheese, parsley, salt and pepper. Spread 3/4 cup of sauce in a 9x13-inch baking dish. Cover with 3 uncooked lasagna noodles, 1 3/4 cups of cheese mixture, and 1/4 cup sauce; repeat layers once more. Top with remaining 3 noodles, sauce, mozzarella, and Parmesan cheese. Pour 1/2 cup water along the edges of the dish. Cover tightly with aluminum foil. Bake in the preheated oven for 45 minutes. Uncover and bake for an additional 10 minutes. Let stand 10 minutes before serving. **Makes 12 servings.**

# Work Sheet

**Task 1: Calculate the quantities for each ingredient in the tea biscuit recipe to double the recipe.**

Answer:

**Task 2: Convert the quantity of each ingredient in the tea biscuit recipe to metric.**

Answer:

**Task 3: Calculate the quantities of each ingredient you would require to make 24 servings of lasagna.**

Answer:

**Task 4: You are making tea biscuits and lasagna for 24 people. Each person will eat one serving of lasagna and two tea biscuits. Write a shopping list with all the ingredients you will need and the amounts of each in imperial measurements.**

Answer:

# Answers

**Task 1: Calculate the quantities for each ingredient in the tea biscuit recipe to double the recipe.**

Answer:

Double Recipe of tea biscuits

* 4 cups flour
* 2 Tbsp. sugar
* 2 rounded Tbsp. baking powder
* 2/3 cup oil
* 4 tsp. salt
* 1 1/3 cup milk
* 1 cup raisins

**Task 2: Convert the quantity of each ingredient in the tea biscuit recipe to metric.**

Answer:

Tea biscuit recipe measurements converted to metric:

* 500 mL flour
* 20 mL sugar
* 20 mL baking powder
* 83.33 mL oil
* 14 mL salt
* 166.67 mL milk
* 125 mL raisins

**Task 3: Calculate the quantities of each ingredient you would require to make 24 servings of lasagna.**

Answer:

24 servings of Lasagna (recipe doubled):

* 2 pounds lean ground beef
* 2 jars spaghetti sauce
* 64 ounces cottage cheese
* 6 cups shredded mozzarella cheese, divided
* 4 eggs
* 1 cup grated Parmesan cheese
* 4 teaspoons dried parsley
* salt to taste
* ground black pepper to taste
* 18 lasagna noodles
* 1 cup water

**Task 4: You are making tea biscuits and lasagna for 24 people. Each person will eat one serving of lasagna and two tea biscuits. Write a shopping list with all the ingredients you will need and the amounts of each in imperial measurements.**

Answer:

Tea Biscuits (two batches for 48 biscuits)

* 4 cups flour
* 2 Tbsp. sugar
* 2 rounded Tbsp. baking powder
* 2/3 cup oil
* 4 tsp. salt
* 1 1/3 cup milk
* 1 cup raisins

Lasagna (two batches for 24 servings)

* 2 pounds lean ground beef
* 2 jars spaghetti sauce
* 64 ounces cottage cheese
* 6 cups shredded mozzarella cheese, divided
* 4 eggs
* 1 cup grated Parmesan cheese
* 4 teaspoons dried parsley
* salt to taste
* ground black pepper to taste
* 18 lasagna noodles
* 1 cup water

# Performance Descriptors

| Levels | Performance Descriptors | Needs Work | Completes task with support from practitioner | Completes task independently |
| --- | --- | --- | --- | --- |
| A1.2 | makes low-level inferences |  |  |  |
|  | follows the main events of descriptive, narrative, and informational texts |  |  |  |
|  | obtains information from detailed reading |  |  |  |
| A2.2 | performs limited searches using one or two search criteria |  |  |  |
|  | extracts information from tables and forms |  |  |  |
|  | uses layout to locate information |  |  |  |
|  | makes connections between parts of documents |  |  |  |
|  | makes low-level inferences |  |  |  |
| B3.2b | follows conventions to display information in simple documents (e.g., use of font, colour, shading, bulleted lists) |  |  |  |
|  | sorts entries into categories |  |  |  |
|  | displays one or two categories of information organized according to content to be presented |  |  |  |
|  | identifies parts of documents using titles, row and column headings and labels |  |  |  |
| C3.2 | calculates using numbers expressed as whole numbers, fractions, decimals, percentages, and integers |  |  |  |
|  | makes estimates |  |  |  |
|  | understands and uses ratio and proportion |  |  |  |
|  | converts units of measurement within the same system and between systems |  |  |  |
|  | 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., ½, ¼) |  |  |  |
|  | uses strategies to check accuracy (e.g., estimating, using a calculator, repeating a calculation, using the reverse operation) |  |  |  |
| C3.3 | calculates using numbers expressed as whole numbers, fractions, decimals, percentages, and integers |  |  |  |
|  | manages unfamiliar elements (e.g., context, content) to complete tasks |  |  |  |

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| --- | --- | --- | --- | --- |
|  | makes estimates involving many factors where precision is required |  |  |  |
|  | chooses and performs required operations; makes inferences to identify required operations |  |  |  |
|  | selects appropriate steps to solutions from among options |  |  |  |
|  | identifies a variety of ways to complete tasks |  |  |  |
|  | interprets, represents, and converts measures using whole numbers, decimals, percentages, ratios, and fractions |  |  |  |
|  | uses strategies to check accuracy (e.g., estimating, using a calculator, repeating a calculation, using the reverse operation) |  |  |  |

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print): Learner (print):

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