

Task Title: Chicken Cooking Time

# OALCF Cover Sheet – Practitioner Copy

**Learner Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Started:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**Successful Completion:**  Yes No

**Task Description:** The learner will calculate cooking times based on the rate provided in an instructional article.

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

* Understand and Use Numbers/Manage time/C2.2

**Materials Required:**

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

# Learner Information

Cooks must be able to plan cooking times to ensure that all food for a meal is ready to serve at the same time. Extra care must be taken when cooking poultry, since it is dry when it is overcooked, and a health hazard when it is undercooked.

Scan the “Roasting Methods” article.

**Roasting Methods**

There are two methods for roasting a whole chicken:

**Regular method:**

* Preheat oven to 350 degrees F (175 degrees C).
* Roast whole (thawed) chickens for 20 minutes per pound, plus an additional 15 minutes.

**High heat method**(this creates a crispy, darker skin):

* Preheat oven to 450 degrees F (230 degrees C) and cook whole (thawed) chicken for 15 minutes.
* Then reduce the temperature to 350 degrees F (175 degrees C) and roast for 20 minutes per pound. (Do not add the extra 15 minutes to the cooking time as with the regular method.)

**Is it Ready Yet?**

Regardless of the method used, a whole chicken is ready when a meat thermometer inserted into the inner thigh (close to but not touching the thigh bone) reads at least 165 degrees F (74 degrees C).

* The temperature of the meat will continue to rise slightly when you pull it out of the oven (this is called "carryover cooking"), so if the thermometer shows a few degrees below the target, give it a few minutes--the internal temperature might still rise to at least 165 degrees F (74 degrees C).
* When you remove the chicken from the oven, cover it loosely with a doubled sheet of aluminum foil, and let it rest for 10 minutes before slicing. This redistributes the juices and results in moister chicken.

**NOTE**: These times are for ***un***stuffed birds. Add 15 minutes to the total cooking time if you're roasting a stuffed chicken. And as with the chicken itself, make sure the stuffing reaches a temperature of at least 165 degrees F (74 degrees C).

# Work Sheet

**Task 1: Calculate how long it will take to roast a 4 lb, fully thawed chicken using the regular method.**

Answer:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Task 2: Calculate how long it will take to roast a 6 lb, fully thawed chicken using the high heat method.**

Answer:

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**Task 3: Calculate how long it will take to roast an 8.5 lb, fully thawed chicken using the regular method.**

Answer:

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**Task 4: Calculate how long it will take to roast a 7.5 lb, fully thawed, stuffed chicken using the regular method.**

Answer:

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# Answers

**Task 1: Calculate how long it will take to roast a 4 lb, fully thawed chicken using the regular method.**

Answer:

4 lb x 20 minutes/lb + 15 minutes

= 80 + 15

= 95 minutes (or 1 hour 35 minutes)

**Task 2: Calculate how long it will take to roast a 6 lb, fully thawed chicken using the high heat method.**

Answer:

6 lb x 20 minutes/lb + 15 minutes

= 120 + 15

= 135 minutes (or 2 hours 15 minutes)

**Task 3: Calculate how long it will take to roast an 8.5 lb, fully thawed chicken using the regular method.**

Answer:

8.5 lb x 20 minutes/lb + 15 minutes

= 170 + 15

= 185 minutes (or 3 hours 5 minutes)

**Task 4: Calculate how long it will take to roast a 7.5 lb, fully thawed, stuffed chicken using the regular method.**

Answer:

7.5 lb x 20 minutes/lb + 15 minutes + 15 minutes (for stuffing)

= 150 + 15 + 15

= 180 minutes (or 3 hours)

# Performance Descriptors

| Levels | Performance Descriptors | Needs Work | Completes task with support from practitioner | Completes task independently |
| --- | --- | --- | --- | --- |
| C2.2 | calculates using numbers expressed as whole numbers, fractions, decimals and percentages |  |  |  |
|  | interprets and applies rates (e.g. $/hr, km/hr, cooking time/pound) |  |  |  |
|  | converts between units of time (e.g. millennia, centuries, decades, years, months, weeks, days, hours, minutes, seconds) |  |  |  |
|  | interprets, represents and converts time using whole numbers, decimals, percentages, ratios and simple, common fractions (e.g. ½, ¼) |  |  |  |
|  | chooses and performs required operation(s); may make inferences to identify required operation(s) |  |  |  |
|  | selects appropriate steps to reach solutions |  |  |  |
|  | 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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