

Task Title: Doubling a Tomato Soup Recipe

# 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:** Calculate amounts needed when doubling a recipe and convert between different units of measurement.

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

* Understand and Use Numbers/Use measures/C3.3

**Materials Required:**

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

# Learner Information

Cooks and home cooks sometimes need to double recipes and convert between metric and imperial measurements.

1 Imperial ounce = 28.4131 millilitres (ml)

1 Cup = 236.59 ml

Scan the Tomato Soup recipe.

**Tomato Soup** from *EatingWell:*

<http://www.eatingwell.com/recipes/tomato_soup.html>

This simple tomato soup is perfect paired with your favorite grilled cheese sandwich. Make a double batch and freeze the extra for rainy-day emergencies.

8 servings, about 1 cup each

Active Time: 25 minutes | Total Time: 35 minutes

**Ingredients**

* 1 tablespoon butter
* 1 tablespoon extra-virgin olive oil
* 1 medium onion, chopped
* 1 stalk celery, chopped
* 2 cloves garlic, chopped
* 1 teaspoon chopped fresh thyme or parsley
* 1 28-ounce can whole peeled tomatoes, with juice
* 1 14-ounce can whole peeled tomatoes, with juice
* 4 cups reduced-sodium chicken broth, “no-chicken” broth (see Note) or vegetable broth
* 1/2 cup half-and-half (optional)
* 1/2 teaspoon salt
* Freshly ground pepper to taste

**Preparation**

1. Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in canned tomatoes (with juice). Add broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook for 10 minutes.
3. Puree the soup in the pot using an immersion blender or in batches in a blender. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

**Nutrition**

**Per serving:** 69 Calories; 3 g Fat; 1 g Sat; 2 g Mono; 4 mg Cholesterol; 8 g Carbohydrates; 3 g Protein; 2 g Fiber; 640 mg Sodium; 420 mg Potassium 1/2 Carbohydrate Serving

**Exchanges:** 1 vegetable, 1 fat

**Tips & Notes**: Cover and refrigerate for up to 4 days or freeze for up to 3 months. Chicken-flavored broth is vegetarian, preferable to vegetable broth in some recipes for its hearty, rich flavor.

# Work Sheet

**Task 1: Calculate the amount of tomatoes in millilitres (ml) needed when doubling this recipe.**

Answer:

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

**Task 2: Calculate the amount of chicken stock in millilitres required to make this recipe for 24 servings.**

Answer:

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

**Task 3: Calculate for each the amount of tomatoes, chicken stock and half-and-half cream in millilitres required to cut this recipe in half.**

Answer:

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

# Answers

**Task 1: Calculate the amount of tomatoes in millilitres (ml) needed when doubling this recipe.**

Answer:

28 ounces = 28.4131 x 28 = 795.5668 rounded to 796 ml

14 ounces =28.4131 x 14 = 397.7834 rounded to 398 ml

796 ml + 398 ml = 1194 ml

1194 ml x 2 = 2388 ml

**Task 2: Calculate the amount of chicken stock in millilitres required to make this recipe for 24 servings.**

Answer:

4 cups broth x 236.59 ml = 946.36 ml

24 servings ÷ 8 servings = 3

3 x 946.36 ml = 2839.08 ml rounded to 2839 ml

**Task 3: Calculate for each the amount of tomatoes, chicken stock and half-and-half cream in millilitres required to cut this recipe in half.**

Answer:

Tomatoes:

28 oz + 14 oz = 42 oz

42 oz x 28.4131 = 1193.3502 ml

1193.3502 ml ÷ 2 = 596.6751 ml rounded to 597 ml

Chicken Stock:

4 cups broth x 236.59 ml = 946.36 ml

946.36 ml ÷ 2 = 473.18 ml rounded to 473 ml

Half-and-half cream:

½ cup cream x 236.59 ml = 118.295 ml

118.295 ml ÷ 2 = 59.1475 ml rounded to 59 ml

# Performance Descriptors

| Levels | Performance Descriptors | Needs Work | Completes task with support from practitioner | Completes task independently |
| --- | --- | --- | --- | --- |
| C3.3 | calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers |  |  |  |
|  | manages unfamiliar elements (e.g. context, content) to complete tasks |  |  |  |
|  | chooses and performs required operation(s); may makes inferences to identify required operation(s) |  |  |  |
|  | selects appropriate steps to solutions from among options |  |  |  |
|  | interprets, represents and converts measures using whole numbers, decimals, percentages, ratios and simple, common fractions (e.g. ½, ¼) |  |  |  |

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print): Learner (print):

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

# Skill Building Activities

Links to Online Resources:

LearningHUB math courses: <https://www.learninghub.ca/apps/pages/index.jsp?uREC_ID=1118749&type=d&pREC_ID=1380783>

LearningHUB Course Catalogue: <https://www.learninghub.ca/apps/pages/coursecatalogue>

Video on converting ounces to millilitres:

<https://www.youtube.com/watch?v=2qxo2pUtlt8>