



Task Title: Finding Nutritional Information Online

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will find and compare nutritional information about coffee items in the Tim Horton's Nutritional Guide.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.2
- Understand and Use Numbers/Manage data/C4.1

Materials Required:

- Pen/pencil and paper or computer/digital device

Learner Information

On restaurant websites, nutritional information is posted about the food and drinks that are sold. This is useful for people who have allergies or other dietary restrictions.

Scan “Tim Horton’s Nutritional Information for Coffee Beverages”.

Tim Horton's Nutritional Information for Coffee Beverages

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Coffee, Tea & Other Hot Beverages										
Original Blend Coffee - Small	3	0	0	0	0	0	0	0	0	0
Original Blend Coffee - Medium	4	0	0	0	0	0	0	0	0	0
Original Blend Coffee - Large	5	0	0	0	0	0	0	0	0	0
Original Blend Coffee - X Large	5	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - Small	3	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - Medium	4	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - Large	5	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - X Large	5	0	0	0	0	0	0	0	0	0
Decaf Coffee - Small	3	0	0	0	0	0	0	0	0	0
Decaf Coffee - Medium	4	0	0	0	0	0	0	0	0	0
Decaf Coffee - Large	5	0	0	0	0	0	0	0	0	0
Decaf Coffee - X Large	5	0	0	0	0	0	0	0	0	0
Regular Coffee - Small	70	4	2.5	0.1	10	25	8	0	8	1
Regular Coffee - Medium	100	6	4	0.2	15	40	11	0	11	1
Regular Coffee - Large	120	8	5	0.2	20	50	14	0	13	1
Regular Coffee - X Large	150	9	6	0.3	25	55	18	0	17	1
Double Double Coffee - Small	130	8	4.5	0.2	20	45	16	0	16	1
Double Double Coffee - Medium	200	13	8	0.4	35	80	22	0	21	2
Double Double Coffee - Large	250	15	10	0.5	40	95	28	0	27	2
Double Double Coffee - X Large	300	18	11	0.5	50	115	35	0	34	3
Cappuccino - Small	80	3	2	0.1	10	70	9	0	8	6
Cappuccino - Medium	120	4.5	3	0.2	15	95	12	0	11	8
Cappuccino - Large	170	6	4	0.2	25	135	16	0	15	11
Latte - Small	90	3.5	2	0.1	15	80	10	0	9	6
Latte - Medium	140	5	3.5	0.2	20	115	14	0	13	10
Latte - Large	190	7	4.5	0.3	30	160	19	0	18	13

Work Sheet

Task 1: You are comparing original blend coffee, dark roast coffee, decaf coffee, regular coffee, and double double coffee. Which options have zero grams of sugar?

Answer:

Task 2: Which has fewer grams of carbohydrates - a small cappuccino or a small latte?

Answer:

Task 3: Which drink has the most protein?

Answer:

Task 4: Which large drink option would you purchase if you wanted the fewest calories (kcal)?

Answer:
