



Task Title: Find a Recipe Using Ingredients at Home

OALCF Cover Sheet – Practitioner 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 a recipe and calculate ingredient costs.

Main Competency/Task Group/Level Indicator:

- Understand and Use Numbers/Manage money/C1.1
- Use Digital Technology/D.3

Materials Required:

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

Learner Information

Many people use the internet to find recipes. This can be helpful when you have a few things at home, but don't know what to make. Learning how to search for a recipe that uses the ingredients you already have can help you save money and minimize food waste.

Open a new page on the web browser of the computer.

Work Sheet

Task 1: Search for a dinner recipe that has 10 to 15 ingredients including

- **Garlic**
- **Onion**
- **Tomatoes**
- **Spinach**

Write down the name of the recipe and the web address.

Answer:

Task 2: Using the recipe you found, create a list of additional ingredients you need. Beside each ingredient, list the quantity needed. Assume you are making the recipe for four (4) people. Assume you have basic ingredients like spices, oil, and flour at home.

Answer:

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Task 3: Go to www.nofrills.ca and search for each ingredient you need. Write down the price of each ingredient.

Answer:

Task 4: Calculate the total amount you will need to spend to purchase these ingredients.

Answer:

Answers

Answers will vary.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
C1.1	adds, subtracts, multiples and divides whole numbers and decimals			
	identifies and performs required operation			
	follows apparent steps to reach solutions			
	interprets and represents costs using monetary symbols and decimals			
	uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation)			
D.3	performs advanced searches (e.g. refines search terms, uses advanced search features, cross-refers between websites)			

This task: Was successfully completed ☐ Needs to be tried again ☐

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Learner Comments:

Instructor (print):

Learner (print):
