



Task Title: Cooking Frozen Foods

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 read heating directions for a frozen pizza.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.1
- Understand and Use Numbers/Manage time/C2.1

Materials Required:

- Pen/pencil and paper and/or digital device
- Timer (e.g. digital watch with timer function, kitchen timer, timer function on a smartphone)

Learner Information

Frozen food instructions ensure that people can properly heat the food to the correct temperature. This is important because undercooked frozen food can make people sick.

Scan the frozen pizza “Baking Directions”.

BAKING DIRECTIONS:	STEP 1:	STEP 2:	STEP 3:
<ul style="list-style-type: none">• Keep pizza frozen prior to baking.• Pre-heat oven to 425 degrees.• Do not eat pizza without baking.• Remove pizza from box, wrapper and cardboard tray.• Place in oven directly on center rack and bake for 9 to 13 minutes or until cheese and crust are a golden brown. Check often, ovens may vary.• Let pizza stand 5 minutes before serving.• Cut, serve & enjoy. <p><i>Note: An internal temperature of 165° F should be achieved in center of pizza.</i></p>	 <p>Preheat oven to 425°</p>	 <p>Place unwrapped pizza on center rack of oven <i>Do not use an insulated sheet/pan.</i></p>	 <p>Bake for 9 to 13 minutes. Pizza is ready to eat when cheese and crust are golden brown</p>

Work Sheet

Task 1: List the steps you should take before putting the frozen pizza into the oven:

Answer:

Task 2: What should you put the frozen pizza on in the oven?

Answer:

Task 3: Set a timer for the amount of time you should cook the pizza before checking to see if it's done. How many minutes did you set it for?

Answer:

Task 4: How will you know that the pizza is cooked completely?

Answer:

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Task 5: According to the baking directions, what should you do once you take the pizza out of the oven?

Answer:
