



Task Title: Kraft Dinner Ingredients

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 examine the ingredient list on a Kraft Dinner box to track food groups and nutrients.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.2
- Communicate Ideas and Information/Complete and create documents/B3.2a
- Use Digital Technology/D.2

Materials Required:

- Pen/pencil and paper
- Computer or digital device

Learner Information

Ingredients on food packages may be unfamiliar. It is helpful to know what is in pre-packaged food and which food group each ingredient belongs to.

Scan the "Kraft Dinner" box and the "Ingredient Chart".



INGREDIENTS: ENRICHED PASTA (FROM WHEAT), CHEESE SAUCE [CHEESE (MILK, BACTERIAL CULTURE, SALT, CREAM, LIPASE, MICROBIAL ENZYMES, CALCIUM CHLORIDE, COLOUR), MODIFIED MILK INGREDIENTS, SALT, SODIUM PHOSPHATES, COLOUR (CONTAINS TARTRAZINE), FLAVOUR, CITRIC ACID].

INGRÉDIENTS: PÂTES ENRICHIES (FARINE DE BLÉ), SAUCE AU FROMAGE [FROMAGE (LAIT, CULTURE BACTÉRIENNE, SEL, CRÈME, LIPASE, ENZYMES MICROBIENNES, CHLORURE DE CALCIUM, COLORANT), SUBSTANCES LAITIÈRES MODIFIÉES, SEL, PHOSPHATES DE SODIUM, COLORANT (CONTIENT DE LA TARTRAZINE), ARÔME, ACIDE CITRIQUE].

Nutrition Facts / Valeur nutritive

Per 1/4 box (56 g) / pour 1/4 de boîte (56 g)
About 3/4 cup prepared / environ 3/4 tasse préparée

Amount Teneur	Dry Mix Poudre	Prepared† Préparée†
Calories / Calories	210	240
% Daily Value / % valeur quotidienne		
Fat / Lipides 2.0 g*	3 %	8 %
Saturated / saturés 1.0 g + Trans / trans 0 g	5 %	7 %
Cholesterol / Cholestérol 5 mg	2 %	2 %
Sodium / Sodium 410 mg	17 %	19 %
Carbohydrate / Glucides 40 g	13 %	14 %
Fibre / Fibres 1 g	4 %	4 %
Sugars / Sucres 7 g		
Protein / Protéines 7 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	6 %	10 %
Iron / Fer	10 %	10 %
Thiamine / Thiamine	40 %	40 %
Riboflavin / Riboflavine	25 %	25 %
Folate / Folate	50 %	50 %
Vitamin B ₁₂ / Vitamine B ₁₂	10 %	15 %
Phosphorus / Phosphore	15 %	15 %

* Amount in dry mix / Quantité dans la préparation sèche
† Prepared as per Sensible Solution directions. / Préparée selon les directives de Solution sensée.

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1-800-567-5723

KRAFT CANADA INC.,
DON MILLS, ONTARIO M3C 3J5

 **Kraft Foods**

Ingredient Chart

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	Grains	Milk	Meat	Salt	Sugar	Other - Give Purpose

Task Title: KraftDinnerIngredients_SPI_A2.2_B3.2a_D.2

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	Grains	Milk	Meat	Salt	Sugar	Other - Give Purpose

Work Sheet

Task 1: Copy the Kraft Dinner ingredients into the first column of the Ingredient Chart.

Answer: No written response required here.

Task completed: Yes: ☐

Task 2: Beside each ingredient check the food/nutrient group that it belongs to. Put a question mark beside those ingredients you do not know.

Answer: No written response required here.

Task completed: Yes: ☐

Task 3: Open the web browser on the computer. Conduct a search for each of the ingredients you questioned in Task 2. Complete the last column of the chart using the information you find.

Answer: No written response required here.

Task completed: Yes: ☐
