Task Title: Doubling a Tomato Soup Recipe

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: 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)			

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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

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