

Task Title: Kraft Dinner Ingredients

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 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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 **Kraft Foods**

Ingredient Chart

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

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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: ☐

Answers

A completed chart should look similar to the following:

Ingredient	Food Group, Nutrient Group or Purpose						
	Fruits & veg	Grains	Milk	Meat	Salt	Sugar	Other - Give Purpose
Enriched wheat pasta		✓					
Cheese – milk			✓				
Bacterial culture							Provides distinct flavouring and textural characteristics to cheese
Salt					✓		
Cream			✓				
Lipase							An enzyme added to milk to release flavour
Microbial enzymes							An enzyme used to coagulate milk so it can be separated into solids and liquid
Calcium chloride							Salt solution used in cheese making to restore the calcium balance
Colour							Provides colouring to the cheese
Modified milk ingredients			✓				
Salt					✓		
Sodium phosphate							Leavening agent to help the dough rise
Colour - tartrazine							A petroleum by product used to offset colour loss
Flavour							Provides flavouring for the cheese sauce
Citric acid							A preservative to maintain freshness and prevent food spoilage

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A2.2	performs limited searches using one or two search criteria			
	extracts information from tables and forms			
	uses layout to locate information			
	makes low-level inferences			
B3.2a	uses layout to determine where to make entries			
	begins to make some inferences to decide what information is needed, where and how to enter the information			
D.2	selects and follows appropriate steps to complete tasks			
	locates and recognizes functions and commands			
	makes low-level inferences to interpret icons and text			
	begins to identify sources and evaluate information			
	performs simple searches using keywords (e.g. internet, software help menu)			

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

Learner Comments:

Instructor (print):

Learner (print):