**OALCF Task Cover Sheet**

**Task Title:** Using Canada’s Food Guide

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| **Learner Name:** | |
| **Date Started: Date Completed:**  **Successful Completion:** Yes\_\_\_ No\_\_\_ | |
| **Goal Path:** Employment**✓** Apprenticeship \_\_ Secondary School\_\_ Post Secondary\_\_Independence **✓** | |
| **Task Description:**  Create a daily menu and calculate calories using Canada’s Food Guide. | |
| **Competency:**  A: Find and Use Information  B: Communicate Ideas and Information  C: Understand and Use Numbers  D: Use Digital Technology | **Task Group(s):**  A1: Read continuous text  A2: Interpret documents  B2: Write continuous text  B3: Complete and create documents  C3: Use measures  D: Use Digital technology |
| **Level Indicators:**  A1.2: Read texts to locate and connect ideas and information  A2.2 Interpret simple documents to locate and connect information  A2.3: Interpret somewhat complex documents to connect, evaluate and integrate information  B2.1: Write brief texts to convey simple and factual information  B3.1b: Create very simple documents to display and organize a limited amount of information  C3.2: Use measures to make one step-calculations  C3.3: Uses measures to make multi-step calculations  D.2: Perform well-defined, multi-step digital tasks | |
| **Performance Descriptors:** see chart on last page | |
| **Materials Required:**   * Pen * Paper * Calculator * Internet access | |

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**Learner Information and Tasks:**

A dietitian is preparing a sample menu for a 32 year old female patient who suffers from diabetes and high blood pressure. The dietitian is going to use the Canada’s Food guide to make sure the patient has a healthy diet.

Download Canada’s Food Guide from the following website <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

**Task 1:** What are the four food groups in Canada’s Food Guide?

**Task 2:** How many servings of each food group must the dietitian include in a daily menu for the patient?

**Task 3:** How much is one serving of leafy vegetables?

**Task 4:** Design a one day menu for the patient including breakfast, lunch, supper and 2 snacks. For more samples of food guide servings, go to the following website: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php>

**Task 5:** Given the following information about the approximate calories per serving of food, calculate the patient’s total calorie intake from the snack and supper menu found below.

**Calories: Food Group** **Approximate Calories per serving**

Vegetables 25 calories

Fruit 60 calories

Grain 80 calories

Milk and Alternatives 100 calories

Meat and Alternatives 65 calories

Oils and Fats 45 calories

**Snack Menu: Supper Menu:**

¾ cup Yogurt 1 cup of brown rice

½ cup of berries 1 ¼ oz of salmon

1 cup of mixed cooked vegetables

broccoli and carrots

**Task 6:** If the patient were pregnant, how would the dietitian change the menu?

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Answer Key

**Task 1:** What are the four food groups in Canada’s Food Guide?

**Grain Products; Fruits and Vegetables; Milk and Alternatives; Meat and Alternatives**

**Task 2:** How many servings of each food group must the dietitian include in a daily menu for the patient?

**Vegetables and Fruit 7-8**

**Grain Products 6-7**

**Milk and Alternatives 2**

**Meat and Alternatives 2**

**Task 3:** How much is one serving of leafy vegetables?

**One serving of leafy vegetables is 1 cup.**

**Task 4:** Design a one day menu for the patient, including breakfast, lunch, supper and 2 snacks. For more samples of food guide servings go to the following website:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php

**Answers will vary.**

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| --- | --- |
| Meal | Menu |
| Breakfast | **¾ cup of hot cereal, ½ cup of milk, ½ cup of fruit, ½ cup of seeds, green tea** |
| Snack | **Yogurt and berries** |
| Lunch | **Chicken sandwich that includes two pieces of bread, 1 ¼ oz of chicken, lettuce, tomato, cheese, mayonnaise; carrot and celery sticks, glass of water** |
| Snack | **1 apple sliced and almond butter** |
| Supper | **2 ½ oz of salmon, 1 cup of brown rice, 1 cup of mixed cooked vegetables broccoli and carrots** |

**Task 5:** Given the following information about the approximate calories per serving of food, calculate the patient’s total calorie intake from the one day menu.

Food Group Approximate Calories per serving

Vegetables 25 calories

Fruit 60 calories

Grain 80 calories

Milk and Alternatives 100 calories

Meat and Alternatives 65 calories

Oils and Fats 45 calories

**Menu Food Group Calories**

Snack Menu: ¾ cup Yogurt =1/2 Milk and Alternatives =0.5 x 100 = 50

½ cup of berries =1 Fruit = 1 x 60 = 60

Supper Menu: 1 ¼ oz of salmon =1/2 Meat and Alternatives =0.5 x 65 = 32.5

1 cup of brown rice =2 Grain Products = 2 x 80 = 160

1 cup of mixed cooked vegetables =1 Vegetable = 1 x 25 = 25

broccoli and carrots =1 Vegetable = 1 x 25 = 25

**Approximate Total Calories = 352.5 Calories**

**Task 6:** If the patient were pregnant, how would the dietitian change the menu?

**The dietitian would make sure the patient included 2 to 3 extra Food Guide Servings per day. Also the dietitian might suggest that patient take a multivitamin containing folic acid and iron.**

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| Performance Descriptors | | **Needs Work** | **Completes task with support from practitioner** | **Completes task independently** |
| A1.2 | * scans text to locate information |  |  |  |
| A2.2 | * extracts information from tables and forms |  |  |  |
|  | * uses layout to locate information |  |  |  |
|  | * makes connections between parts of documents |  |  |  |
| A2.3 | * integrates several pieces of information from documents |  |  |  |
| B2.1 | * conveys simple ideas and factual information |  |  |  |
| B3.1b | * follows conventions to display information in lists, labels, simple forms, signs (e.g. images support the message, text is legible) |  |  |  |
|  | * organizes lists to suit purpose (e.g. chronologically, alphabetically, numerically, sequentially) |  |  |  |
|  | * includes titles where required |  |  |  |
|  | * uses labels and headings to organize content |  |  |  |
|  | * presents text and numbers below one or more headings in lists |  |  |  |
| C3.2 | * chooses and performs required operation(s); may make inferences to identify required operation(s) |  |  |  |
|  | * selects appropriate steps to solutions |  |  |  |
|  | * chooses and performs required operations; makes inferences to identify required operations |  |  |  |
|  | * finds, integrates and analyzes numerical information |  |  |  |
| C3.3 | * calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers |  |  |  |
|  | * selects appropriate steps to solutions from among options |  |  |  |
| D.2 | * selects and follows appropriate steps to complete tasks |  |  |  |

**This task:** was successfully completed\_\_\_ needs to be tried again\_\_\_

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| Learner Comments |
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#### Instructor (print) Learner Signature