

Task-Based Activity: Write a shopping list for a fish dinner

Learner Name: _____ Date: _____

Pre self-assessment

I need to improve my skills at reading recipes and writing lists:

Yes

No

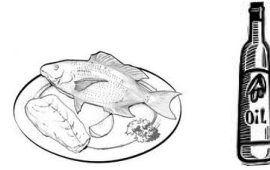
New Words

caper	minced	recipe
fillet	opaque	salt
flake	oil	season
fresh	oregano	skin
ingredients	pickerel	watercress
lemon	preparation	wedge

New Measurements

bunch	tbsp.	mL
cup	tsp	kg

Recipe: Fresh Fish and Olive Oil



Ingredients

- 1/3 cup (75 mL) extra virgin olive oil
- 3 lb (1.4 kg) pickerel fillets, skin on
- 1 tbsp (15 mL) minced fresh oregano
- 1 tsp (5 mL) sea salt
- 2 tbsp (30 mL) capers
- 1 lemon, cut into wedges
- 1 bunch watercress

Preparation

Remove half of the oil and set aside. Brush remaining oil over both sides of fish fillets. Season tops with oregano, salt and pepper. Place, skin side down, on greased grill over medium heat; close lid and grill, without turning, until fish is opaque and flakes easily when tested, about 10 minutes. Transfer to warmed platter. Drizzle with reserved oil; sprinkle with capers. Surround with lemon and watercress.

Source: Canadian Living Magazine: August 2006; Get Grilling: Summer 2007

Review the recipe and write a shopping list for all the ingredients you will need. Make sure you include how much you will need for each ingredient on your list. Think about what else you would serve with this recipe and add those items to the list as well.

My Shopping List



Produce



Meat, fish and poultry



Bread, pasta and grains



Dairy



Frozen Food



Other

Post self-assessment

I think my skills have improved as a result of completing this activity.

Yes

No

Learner comments:

Assessment

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Learner Name: _____ Date: _____

Practitioner Name: _____

Performance Descriptors	Needs Work	Improving	Excellent
<p>A1:</p> <ul style="list-style-type: none">reads short texts to locate a single piece of informationdecodes words and makes meaning of sentences in a single textfollow simple, straightforward instructional texts <p>A2:</p> <ul style="list-style-type: none">scans to locate specific detailsinterprets brief text and common symbolslocates specific details in simple documents, such as labels and signsidentifies how lists are organized (e.g. sequential, chronological, alphabetical) <p>B3</p> <ul style="list-style-type: none">makes a direct match between what is requested and what is enteredmakes entries using familiar vocabulary <p>C3</p> <ul style="list-style-type: none">recognizes values in number and word format			

<ul style="list-style-type: none"> • understands numerical order • makes simple estimates • chooses appropriate units (e.g. metres, inches) and non-standard units (e.g. paces, cupfuls, scoops) • interprets and represents measures using whole numbers, decimals and simple, common fractions (e.g. $\frac{1}{2}$, $\frac{1}{4}$) • interprets and represents measures using symbols and abbreviations (e.g. inches as “, centimeters as cm, pounds as lbs, kilograms as kilos or kg) 			
The learner needs to work on the following:			
This task was successfully completed		This task needs to be tried again	
Practitioner Comments:			
Learner Comments:			