

Funded by ECALA



Literacy Outcomes for Collective Kitchens

Manual

2015



Developed by P.A.L.S. –
Project Adult Literacy Society



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Literacy Outcomes for Collective Kitchens

Collective Kitchens is a supportive and encouraging environment that can incorporate development of literacy skills.

Literacy – reading, writing, comprehension, speaking and listening in English as Second Language, and math skills – can be worked on and developed in the Collective Kitchen environment as part of the program. Learn by doing.

This manual is to give you ideas on how to incorporate literacy skills in your Collective Kitchen. The manual includes techniques that can be incorporated in the Collective Kitchen, worksheets to develop skills that participants can do, and a questionnaire that measures the literacy outcomes. The manual will include information on basic financial literacy, Canada's Food Guide, and Reading Labels.

What does Literacy mean?

Literacy means having the skills – reading, writing, speaking and listening in English as a Second Language, and math – to meet the needs of daily living. Having these skills means a person is functionally literate. Daily living can be defined as employment; reading books to children or information from their school; knowing the dosage of medication; shopping including reading labels, knowing what a 50% sale means and being able to calculate the price; and voting in an election – every dimension of a person's life.

Statistics

Literacy

Reading, writing, and comprehension skills – 1 in 3 adults (1/3 or 33 percent) has low-level literacy skills. These adults do not have the skills to meet the reading and writing demands of daily living.

English as a Second Language (ESL)

Twenty eight percent (28%) of adults who are immigrants to Canada have low-level literacy skills. There is no difference in the percentage of low-level literacy between established immigrants, who have lived in Canada over 10 years, and new immigrants.

Math Literacy

One in two adults (1/2 or 50%) has low-level math skills. These adults do not have the necessary math skills to meet the demands of daily living.

Materials for the participants

The materials that the participants will need are a binder, pencil or pen, and something to use as a journal such as loose paper, a note book, or a scribbler.

The Literacy Outcomes that can be achieved in Collective Kitchens

Increase in skills

The skills that can be developed are:

- reading – reading recipes and other information
- writing – writing recipes and keeping a cooking journal
- speaking and listening – speaking English in conversation
- vocabulary – learning new words. Learning the meaning of the word and to read, speak, and write the word
- math – learning measurement, addition, multiplication, division, percentage, ratios, and Financial Literacy.

Daily Living

The participants use the skills and knowledge that are gained in Collective Kitchens in their everyday living.

Increase in Knowledge

Participants gain knowledge about Canada's Food Guide and reading labels.

Increase in Self-Confidence

The participants will demonstrate increased confidence when:

- using other recipes at home
- shopping
- reading labels
- planning meals for their family.

How this manual is set up

1. Assessment

There is a brief assessment in the skills of reading, speaking and math to give to your participants that will enable you to know who has low-level skills, mid-level skills, and who has functional skills. We are not asking you to decide any specifics in their skills; rather, we are giving you basic information to assist you to incorporate techniques.

2. Techniques to improve skills.

These are techniques that can easily be a part of the way the groups operate – they are what you can do to incorporate literacy into Collective Kitchens.

3. Breakdown of a recipe

It is a demonstration of which techniques you can use when explaining a recipe. You can do this with any other recipe.

4. Worksheets

Worksheets that participants can use to increase skills. These worksheets are a tool that the group can use together to read and discuss or the participants can do on their own. The participants get a copy of each worksheet. There are pictures for each item with descriptive sentences. This will increase vocabulary, reading, grammar, and math skills. After the pictures and descriptions there are short exercises for the participants to do.

The worksheets are in two general areas:

1. Directly related to Collective Kitchen Program.
 - Kitchen tools
 - Baking tools
 - Measurement
 - Cooking Instructions
 - Financial Literacy can be used when you are costing out the recipe, planning, and shopping.
2. Related to Collective Kitchens and will increase knowledge of nutrition, planning, and shopping for healthy foods.
 - Canada's Food Guide
 - In this section, there are worksheets that describe proteins, carbohydrates, vegetables, fruits, herbs and spices, and oils and fats.
 - Reading Labels

5. Evaluation/Questionnaire

The evaluation/questionnaire is given at the end of the Collective Kitchen. This is a tool to measure literacy outcomes for the participants.

You can compile the results and report to your sponsors and funders.

You will need to indicate the number of participants who have low-level literacy skills and in which area.

6. Referral Agencies

Agencies and programs that a person can enter to further develop literacy skills - Literacy, English as a Second Language, and Math Literacy skills.

Assessment

The assessment will give you information on:

- the skills of the participants in your group
- which skills you can work on with your group. Each collective kitchen is composed of different people with different skill levels. For example, 50% of one group are ESL adults with a variety of levels of speaking skills, and in another group there are more adults with low-level reading and writing skills, or everyone has low-level math skills.

There is a participant profile so that you can note the Literacy, English as a Second Language and Math Literacy skills of the participants. This will give you the information for partnering.

There is a coordinator copy that indicates the level of skills (low-level, mid-level, and functional), and a copy for participants. The assessments are in a separate folder in PDF format for ease of printing

Literacy

When a person knows the picture for each word in a section, they have achieved that level.

The person may know some of the words, for example, if the person has been involved in Collective Kitchens before she may know the word colander but no other words on that list.

- Low-level means that the person has minimal skills in reading. For most people writing is at a lower level than reading.
- Mid-level means that the person can read some words but it is limited. The person will need assistance with more complex words.
- Functional means that the person can read, write, and understand printed information that she may encounter in daily living.

ESL - Speaking Assessment

Collective Kitchens is a warm and friendly environment, where the instructor talks often with their participants. When you meet your participants, you can make a judgement on their speaking skills. When you are talking to people from your class, think about the following:

- Low-level skills means the person speaks using 2 or 3 words or short phrases and find it difficult to maintain a conversation.
- Mid-level means the person speaks in no more than 4 or 5 sentences on a topic and can sometimes maintain a conversation (on a familiar topic).
- Functional means the person speaks at a normal speaking rate and uses sequenced sentences, and a large vocabulary.

If a participant has good speaking skills or is not an immigrant, then mark N/A for not applicable.

Math Literacy

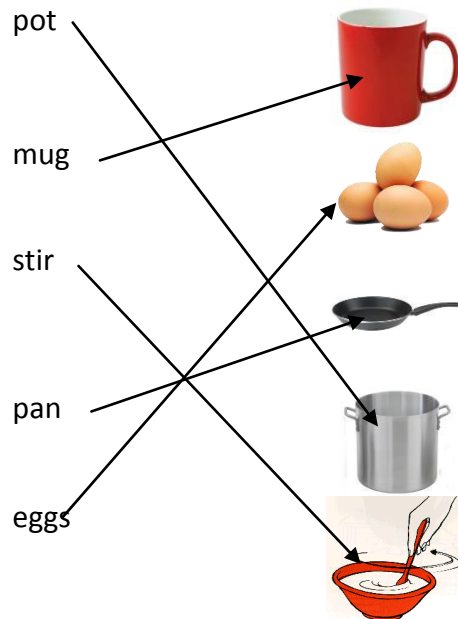
Math Literacy is the basic math that a person needs for daily living.

- Low-level means that the person has minimal math skills and may need assistance with adding, subtraction, multiplication etc. at a basic level.
- Mid-level means that a person will need assistance with fractions, percentage, ratios etc.
- Functional means that a person has the math skills for daily living,

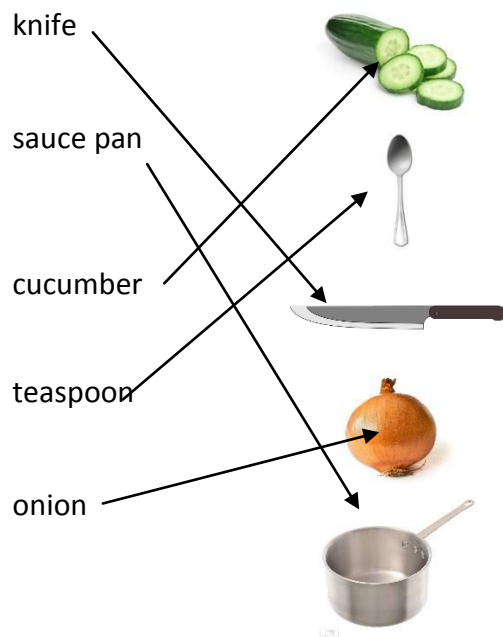
Reading Check - Coordinator Copy

Ask participants to draw a line from the word to the correct picture.
Remind them not to ask their classmates for help.

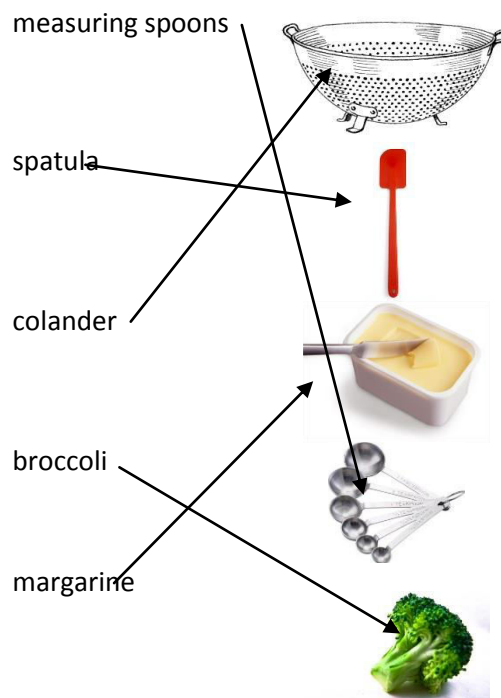
Low-level



Mid-level



Functional



Reading

Draw a line from the word to the correct picture.
Please do not ask anybody for help.

A.

pot



mug



stir



pan



eggs



B.

knife



sauce pan



cucumber



teaspoon

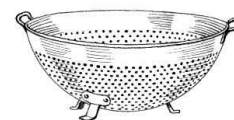


onion



C.

measuring spoons



spatula



colander



broccoli



margarine



ESL Speaking - Coordinator Copy

Name	Low Speaks using 2 or 3 words, or short phrases. Cannot maintain a conversation.	Mid Uses 4 or 5 short sentences, can sometimes maintain a conversation.	Functional Has a range of vocabulary, can sequence their speech and speaks at a nearly normal rate.	Not Applicable Not an ESL participant or fully fluent.

Math Literacy Assessment - Coordinator Copy

This assessment involves math questions at three levels of difficulty to help you figure out the level of your students. Ask the participant to solve the problems (stress that this is an informal test and they should not spend too much time answering the question).

The participant is at a low-level if he/she is able to answer some of the questions from 1 to 5. If the participant answers questions 1 to 6 they are in the mid-level and they are functional if they are able to answer all the questions.

Levels of difficulty: low-level, mid-level, functional.

Skills: Addition, Subtraction, Multiplication, Division, Fractions, Ratios, Rounding.

1. Add these numbers

	Low-level	Mid-level	Functional
a)	$\begin{array}{r} 12 \\ +25 \\ \hline 37 \end{array}$	(b) $\begin{array}{r} 305 \\ + 261 \\ \hline 566 \end{array}$	(c) $250 + 90 + 275 = 615$

2. Subtract these numbers

	Low-level	Mid-level	Functional
a)	$\begin{array}{r} 54 \\ - 32 \\ \hline 22 \end{array}$	(b) $\begin{array}{r} 258 \\ - 45 \\ \hline 213 \end{array}$	(c) $705 - 619 = 86$

3. Multiply these numbers

	Low-level	Mid-level	Functional
a)	$2 \times 10 = \underline{20}$	b.) $14 \times 6 = \underline{84}$	c.) $105 \times 14 = \underline{1470}$

4. Divide these numbers

	Low-level	Mid-level	Functional
a)	$49 \div 7 = \underline{7}$	(b) $5 \overline{)105} = \underline{21}$	(c) $8 \overline{)576} = \underline{72}$

5. a) **Low-level**

Circle the largest number of each pair.

a) $\frac{3}{4}$ or $\frac{1}{2}$

b) $\frac{1}{3}$ or $\frac{1}{4}$

c) $\frac{1}{2}$ or $\frac{1}{4}$

b) **Mid-level**

How many $\frac{1}{2}$ cups are there in 1 cup? 2 half cups ($\frac{1}{2} + \frac{1}{2} = 1$)

b) **Functional**

The double of $2\frac{1}{2}$ cups of flour is 5 cups

6. **Mid-level**

Round to the nearest amount you would pay in a store:

\$4.38 = \$4.40

\$12.51 = \$12.50

7. **Functional**

Alex planned to spend \$100 for food this week. On Monday he has spent \$27 and on Wednesday he spent \$33. How much money does he have left for the week?

Solution: Alex spent in total: $\$27 + \$33 = \$60$

Amount left: $\$100 - \$60 = \$40$

Alex has \$40 left for the week.

8. **Functional**

If a recipe calls for 2 cups of water to 1 cup of rice, how many cups of water will you need for 3 cups of rice?

Solution: $1 : 2 = 3 : x$

$$\frac{1}{2} = \frac{3}{x}$$

$$1 \times 3 / 2 \times 3 = 3 / 6$$

$$1 : 2 = 3 : 6$$

3 cups of rice will call for 6 cups of water

Math

1. Add these numbers

a)
$$\begin{array}{r} 12 \\ +25 \\ \hline \end{array}$$

(b)
$$\begin{array}{r} 305 \\ + 261 \\ \hline \end{array}$$

(c) $250 + 90 + 275 =$

2. Subtract these numbers

a)
$$\begin{array}{r} 54 \\ - 32 \\ \hline \end{array}$$

(b)
$$\begin{array}{r} 258 \\ - 45 \\ \hline \end{array}$$

(c) $705 - 619 =$

3. Multiply these numbers

a.) $2 \times 10 =$ _____ b.) $14 \times 6 =$ _____ c.) $105 \times 14 =$ _____

4. Divide these numbers

a) $49 \div 7 =$ _____ (b) $5 \overline{)105} =$ _____ (c) $8 \overline{)576} =$ _____

5. a) Circle the largest number of each pair.

a.) $\frac{3}{4}$ or $\frac{1}{2}$ b.) $\frac{1}{3}$ or $\frac{1}{4}$ c.) $\frac{1}{2}$ or $\frac{1}{4}$

b) How many $\frac{1}{2}$ cups are there in 1 cup? _____

c) The double of $2\frac{1}{2}$ cups of flour is _____

6. Round to the nearest amount you would pay in a store:

$\$4.38 =$ _____ $\$12.51 =$ _____

7. Alex planned to spend \$100 for food this week. On Monday he has spent \$27 and on Wednesday he spent \$33. How much money does he have left for the week?

8. If a recipe calls for 2 cups of water to 1 cup of rice, how many cups of water will you need for 3 cups of rice?

Participant Profile Sheet

Please check the appropriate boxes to indicate the participant's skills levels.

This sheet will enable you to decide on the people you want to partner and on which areas of literacy to focus. The information can be summarized for reporting.

[illegible]

Techniques

A. Relationship building

Collective Kitchens is a supportive and encouraging environment - a positive and supportive environment that can utilize the relationships to develop skills.

B. English only environment

Establish in the group that it is an English only environment. This is relevant to a group that includes ESL adults. For example, this maybe the only opportunity for a stay at home mother to improve English speaking skills.

C. Partnering your participants

Partner a person with good skills in an area with someone who has lower skills.

Examples:

ESL Speaking Skills.

Half of your group has low-level speaking skills. Partner a good speaker with a person who does not have good skills. The participants can converse in English and assist each other with peer learning.

Literacy Skills

Participants have low-level reading and writing. Partner a good reader or writer with another person who does not have good skills.

Math Skills

Some participants have low-level math skills. Partner a person with good math skills with another person who does not have good skills.

Based on math statistics, there is a high probability that many of the participants have low-level math skills. It is important to incorporate basic math in each session.

D. Breakdown of a Recipe

This is a description of how you can use the recipe for improving literacy skills.

Have available all items to demonstrate and discuss each element of the recipe. Examples are the various ingredients, tools – pots, frying pan, etc. – and a measuring cup(s) to demonstrate the amount of liquid for each measurement. At the start of the first session is a good time to review the Kitchen Tools, Baking Tools, Cooking Instructions, and Measurement worksheets. You may want to review the Measurement worksheets more than once and incorporate math skills as frequently as possible.

Reading

Read the recipe out loud.

Discuss and define words in the recipe, such as the vegetables, various methods of cooking, etc.

Have the participants read the recipe out loud. At the beginning have the participants that have higher reading skills read the recipe. Each participant should read the recipe before the end of the Collective Kitchen program.

Skills being developed are reading, speaking and vocabulary building.

Writing

Have each participant write out the recipe rather than giving out photocopies. You may want each person to have a recipe book. At some point you may want to add journal writing where the person writes about their experience with the Collective Kitchen, shopping, and cooking at home.

Skills being developed are reading, writing, and vocabulary building.

Math

Have measuring cups so that you can demonstrate each measurement, for example, half a cup and use both fractions and percentages - $\frac{1}{2}$ cup is 50% of a cup.

Explain basic measurement. See the sheets that explain measurements.

Use adding, subtracting, multiplication, and ratios when discussing the recipes and how to increase the recipe for more people or for fewer people.

Discuss the difference between imperial measurement and metric.

Half ($\frac{1}{2}$) the recipe. You should discuss as a group and show the measurements.

Shepherd's Pie (Simplistic/Basic)

Materials to demonstrate:

- Ground beef in imperial or metric size and a bottle of cooking oil.
- Measuring spoons and cups to demonstrate. For the spoons have a solid ingredient and for cup have a liquid ingredient. Demonstrate when discussing the amount.
- A frying pan, pot, colander, potato masher, and casserole dish.
- Celery, onion, potato, and beef bouillon.

Words to define:

Sautee – fry celery and onions in oil until cooked.

Bouillon - concentrated beef stock. There is also chicken bouillon.

Recipe

	Imperial	½ Recipe	Metric	½ Recipe
		Discuss with group		Discuss with group
Ground beef	1 lb	½ lb	500 g	250 g
Cooking oil	2 tbsp	1 tbsp	30 ml	15 ml
Chopped celery	½ cup	¼ cup	125 ml	70 ml
Chopped onions	½ cup	¼ cup	125 ml	70 ml
All-purpose flour	2 tbsp	1 tbsp	30 ml	15 ml
Salt	1 tsp	½ tsp	5 ml	2 ml
Pepper	¼ tsp	1/8 tsp	1 ml	½ ml
Boiling water	1 cup	½ cup	250 ml	125 ml
Beef bullion cube	1		1	
Mashed potatoes	3 cups	1 ½ cup	700 ml	350 ml

- Brown beef, rinse beef off in a colander with approximately two (2) cups of boiling water. Pat beef with paper towels to absorb any left-over grease.
- Sautee celery and onion in frying pan (until clear in colour).
- Return beef to the frying pan, stir in flour, salt, and pepper.
- Pour boiling water over bouillon cube. Dissolve. Pour into meat mixture. Stir until boiling and thickened. Spread in 1 ½ quart (1 ½ L) casserole.
- Cover with potatoes. Bake uncovered in 350°F (180°C) oven for 30 minutes until heated through and potatoes are browned

Math

- When you half ($\frac{1}{2}$) the recipe, use this as a discussion. For example:
 - Chopped celery
 - The recipe calls for $\frac{1}{2}$ cups of celery.
 - When we $\frac{1}{2}$ the recipe, we divide all measurements by 2.
 - $\frac{1}{2}$ cup divided by 2 is $\frac{1}{4}$ cup. $\frac{1}{4}$ cup plus $\frac{1}{4}$ cup equals $\frac{1}{2}$ cup.

Worksheets




These worksheets are a tool that the group can use together to read and discuss or do individually. Depending on the skill level of the group, for example you are a group with a large number of ESL participants, you may want to have a discussion on names of the fruit or vegetables in the language of their country of origin, or items they use at home that are not included in the list.

The worksheets are in two general areas:

1. Directly related to Collective Kitchen Program:
 - Kitchen tools
 - Baking tools
 - Measurement
 - Cooking Instructions
 - Financial Literacy can be used when you are costing out the recipe and planning shopping.
2. Related to Collective Kitchens and will increase knowledge of nutrition, planning, and shopping for healthy foods:
 - Canada's Food Guide
 - In this section, there are worksheets that describe proteins, carbohydrates, vegetables, fruits, herbs and spices, and oils and fats.
 - Serving size is indicated for each food.
 - Reading Labels






Kitchen Tools

Cookware (Pots and Pans)

Pot A pot is a metal container with a flat bottom and handle. It often has a lid. Pots are used to heat or cook food in and to boil water.	
Saucepan This is a smaller pot to make sauces in or to cook smaller amounts.	
Frying pan (skillet, sauté pan) This is wide and flat with a handle to fry meat and other food.	
Casserole (baking dish) This is a heavy baking dish. They are often made of clay, ceramic, or glass. Baking dishes can be square, round or oval shaped. They often have a lid.	

<p>Roasting pan</p> <p>A roasting pan is like a baking dish but it is made with metal.</p>	
<p>Colander (strainer, sieve)</p> <p>This is a pot with lots of holes. It is used to drain liquid (usually water) off of food.</p>	
<p>Knives</p> <p>Knives are used to cut food. They come in many sizes.</p>	
<p>Bread Knife</p> <p>Bread knives have a serrated edge to make it easier to cut through the bread crusts. Serrated edge are jagged, not straight.</p>	

<p>Cutting board (chopping board)</p> <p>You can cut food on a cutting board. It is made of hard material and will protect your counters and tables when you cut.</p>	
<p>Cutlery (forks, dinner knives, spoons)</p> <p>People use cutlery to eat their food. There are knives, forks and spoons. They come in many different sizes.</p>	
<p>Ladle</p> <p>A ladle is a giant spoon to scoop up and serve wet food like stew or soup. They can be made of metal, wood, plastic or ceramic.</p>	
<p>Dishes</p> <p>We eat our food off of dishes. There are large and small plates and bowls that come in many sizes.</p>	

<p>Mug (cup with handle) Mugs are a cup with a handle. We use them to drink liquids that are hot.</p>	
<p>Glasses This is a cup made of glass. They come in many sizes and are used to drink liquids.</p>	
<p>Can opener A can opener will remove the lid from a can.</p>	
<p>Grater A grater will shred many foods into very small bits. We use them for cheese, vegetables like carrots or cabbage, and spices.</p>	
<p>Potato masher A masher is used to smash cooked foods. It is called a potato masher but can be used for carrots, chickpeas, and many other foods.</p>	

Vegetable peeler (potato peeler)

Vegetable peelers will peel potatoes and many other vegetables and fruit like apples, cucumbers, carrots etc.

**Kitchen Tools Questions**

- _____ are used to cook food or to boil water.
- Fry pans are also called _____ or sauté pans.
- A _____ can be round, square or oval.
- A _____ has lots of holes to drain fluid.
- A roasting pan is like a _____ dish but is made from metal.
- A _____ has a serrated edge.
- A cutting board will _____ your counters.
- _____ are cups with handles.
- A _____ shreds food into small bits.

Baking Tools

Hand mixer

A mixer is used instead of a whisk or a long-handled spoon to mix together the dry and wet ingredients of the recipe.

This one is turned by hand.



Electric food mixer

An electric mixer is used instead of a whisk, a wooden spoon, or a hand mixer to mix together the dry and wet ingredients in the recipe.

There are two kinds: stand mixers and electric hand mixers.



Mixing bowls

These come in all sizes and are used to mix the ingredients from the recipe.



<p>Rolling pin</p> <p>This is used to roll out pastry or cookie dough.</p>	
<p>Flipper</p> <p>You can use this to 'flip' hot food safely, and to remove cookies and other hot food from pans and baking dishes.</p>	
<p>Long-handled spoon</p> <p>These are used to mix the ingredients in a recipe. They are also good for stirring pots</p> <p>Long-handled spoons can be made of wood, metal, or plastic</p>	
<p>Whisk</p> <p>A whisk is used to blend or whip cookie batter, eggs, and cream.</p> <p>You stir it quickly in a circular motion. It adds air to the mix.</p>	





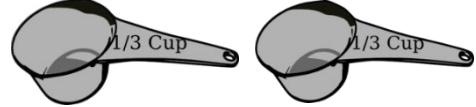
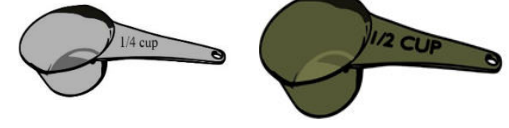
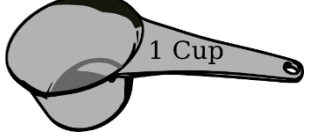
<p>Spatula</p> <p>A spatula is used to scrape batter or sauces off the sides of a bowl.</p> <p>It is often made of rubber.</p>	
<p>Baking or cookie pan</p> <p>This is a flat sheet of metal for cooking cookies and other foods. It can be lined with parchment paper or smeared with fat so that the food does not stick.</p>	
<p>Oven</p> <p>The oven is the bottom part of your stove. You bake or cook food in it. The oven temperature is shown in in Celsius (C) or Fahrenheit (F).</p> <p>If the oven shows two temperatures, the higher number is Fahrenheit (F).</p>	
<p>Oven mitts</p> <p>These are used to cover your hands when handling hot things on the stove or in the oven so you do not burn yourself.</p>	

Baking Tools Questions


- Mixing bowls come in all _____.
- Use a _____ to roll out bread or cookie dough.
- Long-handled _____ are good for stirring pots
- You use _____ when baking so you do not burn yourself.
- If your stove shows two temperatures, Fahrenheit (F) is the _____ number and Celsius (C) is the _____ number.
- You can use a _____ mixer if you do not have an electric mixer.

Measurements

Measuring cups are used to measure the volume of liquid or bulk solid cooking ingredients such as flour and sugar.

	<table><tr><td>1</td></tr><tr><td>3/4</td></tr><tr><td>1/2</td></tr><tr><td>1/4</td></tr></table>	1	3/4	1/2	1/4	We are using a rectangle in place of the cup to describe the following measurements.
1						
3/4						
1/2						
1/4						
1/4 cup = 60 ml	<table><tr><td></td></tr><tr><td></td></tr><tr><td></td></tr><tr><td>60 ml</td></tr></table>				60 ml	
60 ml						
1/3 cup = 75 ml	<table><tr><td></td></tr><tr><td></td></tr><tr><td>75 ml</td></tr></table>			75 ml		
75 ml						
1/2 cup = 125 ml	<table><tr><td></td></tr><tr><td>125 ml</td></tr></table>		125 ml			
125 ml						
2/3 cup = 150 ml	<table><tr><td></td></tr><tr><td>150 ml</td></tr><tr><td></td></tr></table>		150 ml			
150 ml						
3/4 cup = 175 ml	<table><tr><td></td></tr><tr><td>175 ml</td></tr><tr><td></td></tr><tr><td></td></tr></table>		175 ml			
175 ml						
1 cup = 250 ml	<table><tr><td>250 ml</td></tr></table>	250 ml				
250 ml						

Teaspoons (tsp.), Tablespoons (tbsp.), and Millilitres (ml)

Measurement	
$\frac{1}{8}$ tsp = 0.5 ml (or a pinch)	
$\frac{1}{4}$ tsp = 1 ml	
$\frac{1}{2}$ tsp = 2 ml	
1 tsp = 5 ml	
2 tsp = 10 ml	
1 tbsp = 15 ml	

Metric Measurement

The units of measure in the metric system are the metre (m), litre (l), and gram (g).


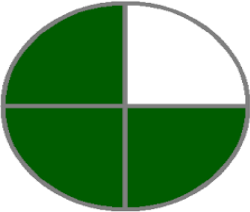
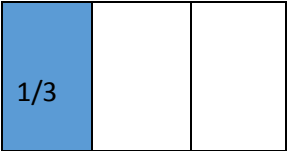
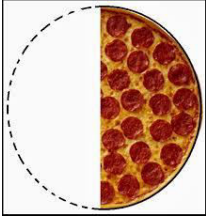

Measures	Metric
Volume	litre (l)
Mass/Weight	gram (g)
Length	meter (m)

Volume Measure (Litres)		Mass/Weight (gram)	
10 milliliters (ml) =	1 centiliter (cl)	10 milligrams (mg) =	1 centigram (cg)
10 centiliters =	1 deciliter (dl)	10 centigrams =	1 decigram (dg)
10 deciliters =	1 liter (l)	10 decigrams =	1 gram (g)
10 liters =	1 dekaliter (dal)	10 grams =	1 dekagram (dag)
10 dekaliters =	1 hectoliter (hl)	10 dekagrams =	1 hectogram (hg)
10 hectoliters =	1 kiloliter (kl)	10 hectograms =	1 kilogram (kg)

Measurement Questions

- A recipe calls for $\frac{1}{3}$ cup of milk for 2 people. To increase the recipe for 4 people I would use _____ cups of milk.
- Tina uses $\frac{1}{2}$ cup brown sugar and $\frac{1}{2}$ cup of regular sugar. How much sugar did she use? _____
- How many $\frac{1}{4}$ cups are there in $\frac{3}{4}$ cup? _____
- A recipe says it serves 8 people. By what number should Jenny multiply each ingredient to make enough for 40 people? _____
- A recipe calls for 30 ml of oil. Which measuring tool will you use to measure the oil? _____
- A recipe calls for $\frac{3}{4}$ cups of rice. Which two cups will give you a total of $\frac{3}{4}$ cup? _____

Slicing

Slicing/cutting means cutting food into equal portions.	
Quarter – 1/4: One quarter (one fourth) means one of four equal parts. Cutting a piece of pie for 4 people, you would have 4 pieces of pie. This is 1/4 or 25% of the pie.	
Thirds – 1/3 : One third means one of three equal parts. To divide a cake equally among 3 people, you have to cut it into 3 pieces. Each will then get 1/3 of the cake which is approximately 33%.	
One Half – 1/2 : Half means one of two equal parts. Cutting a pizza for 2 people, you would have 2 pieces of pizza. Each piece is 1/2 or 50% of the pizza.	
One eighth – 1/8: One eighth means one of eight equal parts of something. The pepperoni can be cut into 8 or more slices. With 8 pieces, each person gets 1/8 which is 12.5%.	

Fractions and Percentage Questions



I want to divide a pie equally among these people, so I have to cut the pie into _____ pieces. Each one of them will get _____ (fraction) of the pie, which is _____ % of the pie.

Which of these amounts is greater? Circle the amount.

- a. $\frac{1}{2}$ or $\frac{3}{4}$
- b. $\frac{1}{4}$ or $\frac{1}{3}$
- c. $\frac{2}{3}$ or $\frac{1}{4}$







If this cake is divided equally among 3 people, each person will have _____ % or _____ (fraction) of the cake.



What fraction of the pie will each person get, if it is to be distributed among 8 individuals equally?

Cooking Instructions

Quartered This means cut into 4 pieces.	
Sliced Sliced foods are cut into long straight pieces.	
Diced When you dice food, you cut it into cubes.	
Chopped If a recipe tells you to chop food, you have to cut it into bite-size or smaller pieces.	
Minced (finely chopped) Minced food is cut into very small pieces.	

Simmer

When you simmer, heat the liquid until there are some bubbles and steam.
You use low to medium heat.

**Boil**

When you boil, water is heated until there are many bubbles and a lot of steam.
You use high heat.

**Fry**

When you fry foods, you cook the food in oil, butter, or margarine.

**Sautee**

This is similar to frying, except you only use a little bit of oil or butter/margarine.



Bake

Baking is cooking in an oven.

**Spread**

When you spread, you cover with an even layer. You can use a spoon, knife, or spatula to spread.

**Grate**

When you grate, you shred a food into small pieces using a grater.

**Stir (mix)**

If a recipe tells you to stir, you blend the ingredients together using a spoon, spatula, or another tool.



Baste

This means to scrape the juices or sauce up from the pan and spread over the food while it is still cooking.

**Roast**

Roasting means to cook in an oven. You usually roast meats and vegetables. If you are cooking pastry, such as bread or cookies, we call it baking.

**Cooking Instructions Questions**

- Minced foods are cut _____ than chopped foods.
- To boil water, you use _____ heat.
- If something is cut into four pieces, it is _____.
- When you bake, you cook in an _____.
- To stir, you can use a spoon or a _____.
- _____ is similar to frying except with less oil or butter.

Financial Literacy

Coins

Nickel

5¢



Beaver on one side. Silver coloured. It is larger than a dime.

There are 20 nickels in \$1.

Dime

10¢



Sailing ship on one side. Silver coloured. Smaller and thinner than a nickel.

There are 10 dimes in \$1.

Quarter

25¢



Caribou on one side. Silver coloured.

There are 4 quarters in \$1.

Loonie

\$1



Loon on one side. Gold coloured.

There are 2 loonies in a toonie.

Toonie

\$2



Polar bear on one side. Silver outside and golden centre.

There are 5 toonies in \$10.

Bills

\$5 bill

Blue
coloured.

Sir Wilfred
Laurier is on
the front.



\$10 bill

Purple
coloured

Sir John A.
Macdonald
is on the
front



\$20 bill

Green
coloured

Queen
Elizabeth II is
on the front



\$50 bill

Red
coloured

William Lyon
Mackenzie
King is on
the front



Debit Card

This is a card from your bank that you use buy things with the money in your bank account.

The money goes directly from your bank account to the store.



Credit Card

This card lets you buy things and not pay for them right away. You pay for all your credit card purchases at the end of the month. If you do not pay at the end of the month, you have to pay interest.

The most common types of credit card are in Canada are Visa, MasterCard, and American Express.



How to Read Money

Amount	In Words
\$1.99	One dollar and ninety-nine cents
\$2.50	Two dollars and fifty cents
\$145.89	One hundred forty-five dollars and eighty-nine cents
\$0.95	Ninety-five cents
20¢	Twenty cents
\$1099.00	One thousand ninety-nine dollars
\$10M	Ten million dollars
\$1B	One billion dollars

Price Rounding

Price Rounding – for cash transactions only. If you use a debit or credit card, there is no rounding.	Because pennies are not available, cash transactions will need to be rounded to the nearest five-cent increment in a fair and transparent manner	
Rounding guidelines	Rounding on cash transactions should only be used on the final amount payable after the calculation of any applicable duties or taxes such as GST	
Round Down	<p>If the price ends in 1 or 2 cents (\$.01 or \$.02), you round down so it ends in 0 cents (\$0.00).</p> <p>If the price ends in 6 or 7 cents (\$.06 or \$.07), you round down so it ends in 5 cents (\$.05).</p> <p>Example: \$1.01 or 1.02 to \$1.00 \$1.06 or \$1.07 to \$1.05</p>	
Round Up	<p>If the price ends in 8 or 9 cents (\$.08 or \$.09), you round up so it ends in 10 cents (\$0.10).</p> <p>If the price ends in 3 or 4 cents (\$.03 or \$.04), you round up so it ends in 5 cents (\$.05).</p> <p>Example: \$1.03 or \$1.04 to \$1.05 \$1.08 or \$1.09 to \$1.10</p>	
Example: Mr. Smith grocery bill is \$128.84. When you add the \$6.44 GST, the total is \$135.28. If he pays by credit/debit card or cheque, the total amount that he will need to pay is \$135.28	Grocery: GST @ 5%: Total:	\$ 128.84 <u>\$ 6.44</u> <u>\$ 135.28</u>
If Mr. Smith pays by cash, the amount he will have to pay will be rounded up to \$135.30	Grocery: GST @ 5%: Total:	\$ 128.84 <u>\$ 6.44</u> <u>\$ 135.28</u>

Financial Literacy Questions

- The card you use to pay for your items right away is _____.
- One toonie is worth _____ quarters.
- The only bill that is blue is the _____.
- How do you say \$2.95? Write out in words.
- When paying with cash, you round to the nearest _____ cents.
- The _____ is the coin that is worth the least amount of money.

Canada's Food Guide

Canada's Food Guide was developed to help Canadians eat a good diet that:

- Meets your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, and osteoporosis, which is when the bones become brittle and fragile.
- Contribute to your overall health and energy level.

Food Groups

There are four food groups:

- **Vegetables and fruits.** These give you vitamins, minerals and fibre. They help you to process your food and affect your overall health.
- **Grain products.** These are carbohydrates which give you energy.
- **Milk and alternatives.** These are a mix of proteins and fat. They build your body, look after your skin, and keep you warm.
- **Meat and alternatives.** These are proteins. They build your body.

How much should you eat?

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18years		19-50		51+ years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

If you do a lot of manual work or a lot of exercise, you need to eat a bit more food.

Oils and Fats

- Small amount – 30 to 45 ml (2 to 3 tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressing, mayonnaise and margarine.
- Use vegetable oils such as canola, olive, and soybean.
- Chose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard, and shortening

Example: If you are a 35 year old woman you should aim to have:

- 7-8 vegetables and fruit
- 6-7 grain products
- 2 milk and alternatives
- 2 meat and alternatives
- 30 - 45 ml (2 to 3 Tbsp) of unsaturated oils and fats

Questions

Work out how much of each kind of food you can eat:

- Age_____ Male / Female (please circle)
- Vegetables and fruit _____
- Grain Products _____
- Milk and Alternatives _____
- Meat and Alternatives _____

Now work out the amounts for a family of 5:





	Mom	Dad	Grandma	Son	Daughter
Age	36	38	62	14	11
Vegetables and Fruit					
Grain Products					
Milk and Alternatives					
Meat and Alternatives					

What is a serving?

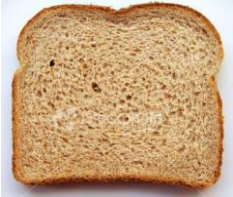





- A serving is an amount of food.
- A serving size is stated on packaging for most foods, except meats and fresh vegetables and fruits.

What is One Food Guide Serving?

Vegetables and Fruits

 <p>Fresh, frozen or canned vegetables 125ml or ½ cup is 1 serving</p>	 <p>Leafy vegetables Cooked: 125ml or ½ cup is 1 serving Raw: 250 ml (1 cup) is 1 serving</p>
 <p>Fresh, frozen or canned fruit 1 fruit or 125ml or ½ cup is 1 serving</p>	 <p>100% Juice 125ml or ½ a cup is 1 serving</p>







Grain Products

 <p>Bread one slice (35g) is 1 serving</p>	 <p>Bagel ½ bagel (45g) is 1 serving</p>	 <p>Flat breads ½ a pita or ½ a tortilla (35g) is 1 serving</p>
 <p>Cooked rice, bulgur or quinoa 125ml or ½ cup is 1 serving</p>	 <p>Cereal Cold: 30g is 1 serving Hot: 175 ml or ¾ of a cup is 1 serving</p>	 <p>Cooked pasta or couscous 125ml or ½ cup (the size of a baseball) is 1 serving</p>

Milk and Alternatives

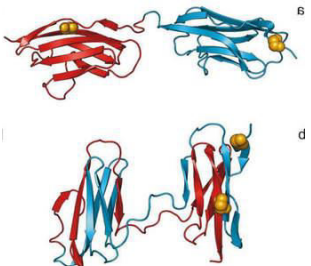


 <p>Milk or powdered milk 250ml or 1 cup is 1 serving</p>	 <p>Evaporated milk 125ml or ½ a cup is 1 serving</p>	 <p>Fortified soy drink 250ml or 1 cup is 1 serving</p>
 <p>Yogurt 175g or ¾ of a cup is 1 serving</p>	 <p>Kefir 175g or ¾ of a cup is 1 serving</p>	 <p>Cheese 50g is 1 serving</p>

Meat and Alternatives

 <p>Cooked fish, shellfish, poultry or lean meat. 75g or 125ml or ½ a cup is 1 serving</p>	 <p>Cooked Legumes 175ml or ¾ of a cup is 1 serving.</p>	 <p>Peanut or nut butters 30ml or 2Tbsp are 1 serving.</p>
 <p>Tofu 150g, or 175ml or ¾ of a cup is 1 serving.</p>	 <p>Eggs 2 eggs are 1 serving</p>	 <p>Nuts and Seeds 60ml or ¼ of a cup is 1 serving</p>

For more information, go to www.hc-sc.gc.ca

Proteins

<p>Protein</p> <p>Proteins are used as the building blocks of the body. They help you rebuild muscle.</p>	 <p>The diagram shows two protein structures. The top structure is a red ribbon model of a protein with a yellow sphere at its core, labeled 'b'. The bottom structure is a blue ribbon model of a protein with a yellow sphere at its core, labeled 'd'.</p>
<p>Animal Proteins</p> <p>Proteins from animals are: meat, milk, cheese, yogurt, fish, shellfish, and eggs.</p>	 <p>A collection of animal-based protein sources including a whole chicken, a carton of milk, a bowl of yogurt, a wedge of cheese, several eggs, and some fish.</p>
<p>Vegetable Protein</p> <p>Proteins from vegetables are whole grains and legumes, such as beans, peas, lentils, soy and nuts.</p>	 <p>A collection of plant-based protein sources including various nuts (almonds, pecans, cashews), seeds (flax, chia), and legumes (beans, lentils, peas).</p>

Beef

Beef is a meat that comes from cows.

There are lots of different 'cuts' of beef, such as steak, ribs, ground beef, and roast beef.

75 g (2 ½ oz) or 125 ml (1/2 cup) of beef is one Food Guide serving of meat and alternatives.

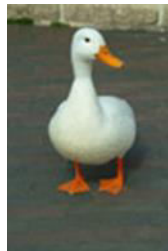
**Poultry**


Turkey, duck and chicken are all poultry.

Turkey and duck are often eaten on holidays.

Chicken is sold as breast, leg, thigh and wings.

75 g (2 ½ oz) or 125 ml (1/2 cup) of poultry is one Food Guide serving of meat and alternatives.



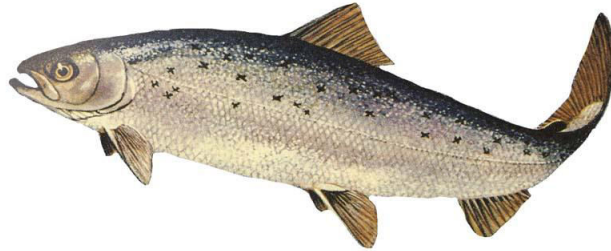
<p>Pork</p> <p>Pork is a meat from pigs. Pork can be sold as ribs, chops, and ground meat. It is cured as ham and bacon.</p> <p>75 g (2 ½ oz) or 125 ml (1/2 cup) of pork is one Food Guide serving of meat and alternatives.</p>	
<p>Lamb and mutton</p> <p>Lamb comes from a young sheep. Mutton comes from an older sheep.</p> <p>75 g (2 ½ oz) or 125 ml (1/2 cup) of lamb is one Food Guide serving of meat and alternatives.</p>	
<p>Goat</p> <p>Goat meat is used in a wide variety of dishes.</p> <p>75 g (2 ½ oz) or 125 ml (1/2 cup) of goat is one Food Guide serving of meat and alternatives.</p>	

Fish

Fish swim in water. The flesh can be white or red. It is sold fresh, smoked, or canned.

Fish is good to eat as it is high in protein and low in fat.

75 g (2 ½ oz) or 125 ml (1/2 cup) of fish is one Food Guide serving of meat and alternatives.

**Shell Fish**

Lobster, shrimp, crab, clam, oyster, and mussel are some types of shell fish.

Most shell fish are from the seas or the oceans.

They can be bought fresh or frozen.

75 g (2 ½ oz) or 125 ml (1/2 cup) of shell fish is one Food Guide serving of meat and alternatives.



Milk products and alternatives

Milk products are a source of protein and fat. Our bodies need a small amount of fat to store as energy. Milk products also transport vitamins in the body and give us fatty acids and calcium.



Milk

Milk comes from cows, goats and sheep. The most common milk in Canada is cow's milk.

There are 4 types of milk, homogenized (3.25% butter fat), 2% butter fat, 1% butter fat and skimmed (0% butter fat).

250 ml (1 cup) of milk is one Food Guide serving.



Milk Alternatives

Milk alternatives can be used for people who have an allergy to milk.

Some milk alternatives are: soy milk, almond milk, rice milk, oat milk, and coconut milk.

250 ml (1 cup) is one Food Guide serving of milk and alternatives.



Cheese

Cheeses can be soft or hard. They are often made from the milk of cows, sheep and goats.

50 g (1 ½ oz) of block cheese or 250 ml (1 cup) of cottage cheese or quark is one Food Guide serving of milk and alternatives.

**Yogurt**

Yogurt is made from milk that has had a bacteria added. It is very good for your digestive system.

175 g or 175 ml (¾ cup) is one Food Guide serving of milk and alternatives.



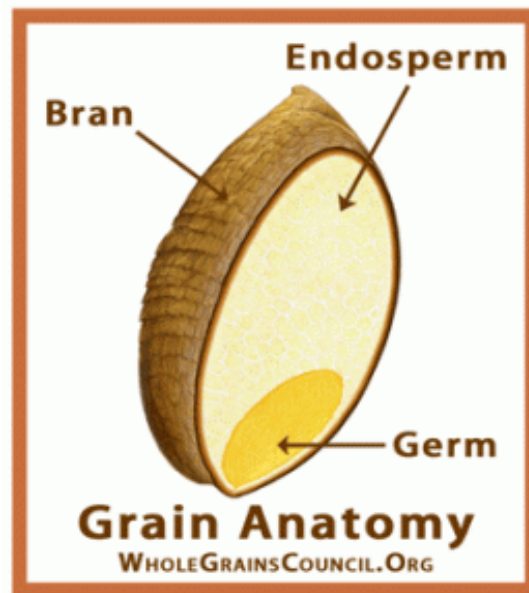
Whole Grains

Whole grains have not been processed. They are the same as they grow in the field.

They still have the husk on and have more fibre, protein, and carbohydrates than other grain.

When buying pasta look for 'whole grain' pasta. Brown rice is whole grain, so are quinoa, buckwheat, grape nuts, rolled oats, and steel cut oats.

You can buy whole grain bread, tortillas, bagels, pita bread, and pizza bases.



Legumes

Legumes are beans, lentils, peas, and peanuts.

Legumes and whole grains are alternate proteins.

175 ml (3/4 cup) of lentils or beans, or 60 ml (1/4 cup) of peanuts without their shells is one Food Guide serving of meat and alternatives. 125 ml (1/2 cup) of peas is one Food Guide serving of vegetables and fruits.



Soy

Soy is a bean and is made into tofu and soy milk. It is used as a meat substitute.

150 g or 175 ml (3/4 cup) of tofu is one Food Guide serving of meat and alternatives.

**Nuts**

Nuts are a fruit with a hard shell and a seed. We eat the seed.

Some nuts are cashew, pecan, almond, pistachio, walnut, and hazelnut.

60 ml (1/4 cup) of nuts without their shells is one Food Guide serving of meat and alternatives.

**Proteins Questions**

- Proteins can be from _____ and vegetables.
- Fish is high in _____ but low in _____.
- _____ milk is the type of milk with the least amount of butter fat.
- Milk and cheese and _____ are other proteins we get from cows.
- _____ like peas, beans and lentils also give us protein.
- Cashews, pecans, almonds and walnuts are different kinds of _____.

High-Carbohydrate Foods

Carbohydrates are made up of foods which are high in starch and sugar.



Fruits, vegetables, grains, sugar, and syrups are all carbohydrates.

There are two types of carbohydrates, slow release and quick release.




Quick release carbohydrates are broken down quickly in your body. They give you a short, fast, high boost of energy that doesn't last long.

Slow release carbohydrates are broken down slowly in your body and give longer lasting energy. They are good for your body.

Sugars – these are all quick release carbohydrates

<p>White sugar (granulated sugar)</p> <p>Sugar comes from sugar beet and sugar cane. It is added to most processed food. White sugar is used in most homes.</p> <p>It is the most refined sugar.</p>	
<p>Brown sugar</p> <p>Brown sugar is a partially refined sugar which is yellow or brown.</p>	

<p>Icing Sugar</p> <p>This is finely ground white sugar. It is used in desserts.</p>	
<p>Molasses</p> <p>Molasses is a thick syrup made from sugar beet or sugar cane. It is used in cookies, cake and toffee.</p> <p>Molasses is created when sugar is being refined.</p>	
<p>Maple Syrup</p> <p>It is made from the sap of the Sugar Maple. Once opened it needs to be stored in the refrigerator.</p>	
<p>Corn syrup</p> <p>Corn syrup is made out of the starch in corn. It is a frequent sweetener for processed foods.</p>	
<p>Artificial sweetener</p> <p>These are alternatives to sugars used to sweeten foods and drinks. They are not broken down by the body. Some common artificial sweeteners are aspartame and saccharin. They are in diet drinks.</p>	

Bread products	
<p>White bread</p> <p>The flour in white bread is highly processed. White bread is a quick release carbohydrate.</p> <p>One slice of bread is one Food Guide serving of grain.</p>	
<p>Whole grain bread.</p> <p>Bread that contains whole grains. The whole grains have more vitamins and fibre.</p> <p>One slice of bread is one Food Guide serving of grain.</p>	
<p>Whole wheat bread</p> <p>Whole wheat bread is less processed than white bread. It does not contain as many vitamins as whole grain bread. While whole grain bread has different grains, whole wheat only contains wheat.</p> <p>One slice of bread is one Food Guide serving of grain.</p>	

Rye bread

This type of bread is made from rye, not wheat. It is usually denser than other breads, so it is more filling.

One slice of bread is one Food Guide serving of grain.

**Flatbreads**




These breads are flat instead of thick. There are different kinds of flatbreads, including tortilla, pita bread, and naan.





35 grams of flatbread (1/4 naan, 1/2 pita, or 1/2 tortilla) is one Food Guide serving of grain.

**Different shapes of bread.**

Hot dog buns, burger buns and rolls are all bread, they can be white or brown.



High Carbohydrate Vegetables	
<p>Corn</p> <p>Corn is also known as maize. It can be eaten as a vegetable. It can be ground into corn starch or made into syrup.</p> <p>125 ml (1/2 cup) of corn is one Food Guide serving of vegetables and fruit.</p>	
<p>Potato</p> <p>Potatoes can be boiled, mashed, baked, or deep fried. They can be used in soups, stews, salads or as a side vegetable.</p> <p>½ of a medium potato (125 ml or ½ cup) is one Food Guide serving of vegetables and fruits.</p>	
<p>Sweet potato (yam)</p> <p>This slow release starchy food can be used instead of potatoes. It has an orange colour when peeled.</p> <p>125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.</p>	

<p>Cereal grains</p> <p>Cereal grains are some of the most common foods in the world.</p> <p>Barley, wheat, oats, rye, and rice are cereal grains.</p> <p>125 ml (1/2 cup) is one Food Guide serving of grain.</p> <p>30 g of cold breakfast cereal or 150 g of hot breakfast cereal is one Food Guide serving of grain.</p>	 
<p>Rice</p> <p>There are many different kinds of rice: brown, white, wild, jasmine, long grain, and short grain are a few of them.</p> <p>125 ml (1/2 cup) of cooked rice is one Food Guide serving of grain.</p>	
<p>Quinoa</p> <p>Quinoa is a seed that is high in carbohydrates and fibre.</p> <p>125 ml (1/2 cup) is one Food Guide serving of grain.</p>	

Pasta

Pasta is a noodle that is made from eggs and flour.

There are many different types of pasta, including spaghetti (long and thin), macaroni (small tubes), penne (long tubes), rigatoni (small long tubes), vermicelli (very thin sticks), linguine (long and flat), fettucine (long, thin, and wide), and lasagna (flat sheets).

125 ml (1/2 cup) of cooked pasta is one Food Guide serving of grain.



High Carbohydrate Food Questions

- There are two types of carbohydrates _____ release and _____ release.
- The type of carbohydrate which gives you a short, fast boost of energy is _____ release.
- The most refined sugar is _____ sugar.
- Aspartame is an _____ sweetener.
- Whole grain bread contains more _____ and _____ than white bread.
- Sweet potato is a _____ release carbohydrate food.
- Spaghetti, linguine, and penne are different types of _____.
- Naan, pita, and tortilla are all types of _____.
- Four different cereal grains are _____, _____, _____, and _____.

Vegetables

Asparagus

Asparagus is a green vegetable. You can steam or boil asparagus till just tender.

Six pieces or 125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.



Beets

This a purple or red root vegetable.

The leaves can be eaten like kale or spinach.

People like to use beets in soups and salad and as a side vegetable.

125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.



Bell Peppers

These peppers get sweeter as they ripen. They start green, and ripen to yellow, orange, and then red. The red pepper is the sweetest pepper.

One medium pepper or 125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.



Hot Peppers

These peppers are spicy. There are many kinds of hot peppers, including jalapeno, habanero, and cayenne.

**Broccoli**

Broccoli is a green vegetable that is high in calcium.

125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.

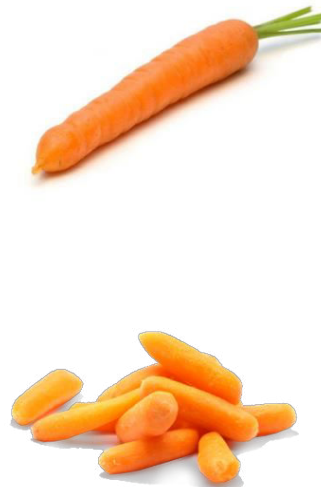
**Cabbage**

Cabbage is a leafy vegetable. Different types include green cabbage, red cabbage. Brussels sprouts are small cabbages. 125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.

**Carrot**

Carrots have sugar in them. They can be cooked or eaten raw. They are often in stews and soups or as a side dish. Small carrots are called baby carrots.

One large carrot or 125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.



Celery

This green vegetable comes in three ways: celery stalk, celery seeds, and celery root. The seeds and roots are used for flavoring dishes, while the stalk can be eaten raw.

One medium stalk is one Food Guide serving of vegetables and fruits.

**Cucumber**

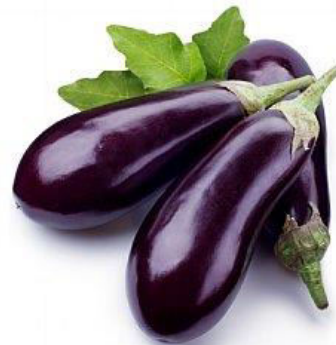
This fresh, crisp vegetable is usually eaten raw or in a salad. Different types include English, Kirby, and garden cucumbers.

125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.

**Eggplant**

This is usually purple. There are different varieties, such as Italian, Chinese, white, and Indian eggplant.

125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.



Green beans

They can be served as a side vegetable, in soups, in stews, and in salads.

Beans can also be red, purple or yellow.

125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.

**Mushrooms**

The mushroom is a fungus that is used in all sorts of dishes.

Chanterelle, white, oyster, portobello, shiitake, and cremini are some different kinds of mushrooms.





125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.

**Lettuce**

Lettuce is a green leaf vegetable. It is most often eaten raw in salads or as something to wrap other food in. Types of lettuce are iceberg lettuce (tight, round head of leaves), butterhead lettuce (dark green leaves), leaf lettuce (loose, light green leaves), and romaine lettuce, which grows in a stiff, upright clump.

250 ml (1 cup) of raw lettuce is one Food Guide serving of vegetables and fruits.



<p>Onion Onions are a root crop used to flavor many dishes.</p> <p>They come in all shapes and sizes: there are white onions, brown onions, yellow onions, and red onions. Shallots are a type of onion that are sweet and small.</p>	
<p>Green onion (scallion) These are served in salads and scattered on soups and other dishes for flavour.</p>	
<p>Peas Peas are a sweet green vegetable. You can eat the seeds and the pods.</p> <p>125ml (1/2 cup) of peas is one Food Guide serving of vegetables and fruits.</p>	
<p>Squash There are many types of squash. The largest is the pumpkin, which is orange and round. There is also zucchini, which is green and yellow. Butternut squash is bell-shaped and high in vitamins. Spaghetti squash contains spaghetti-like strands.</p> <p>125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.</p>	

Radish

The radish is a spicy root vegetable. It can be eaten fresh or pickled. There are many kinds, such as cherry belle, French breakfast, and black Spanish.

125 ml (1/2 cup) is one Food Guide serving of vegetables and fruits.

**Tomato**

The tomato is a red vegetable that can be eaten fresh, baked, stewed, or turned into tomato sauce. Ketchup is made from tomatoes. Types of tomatoes include the large globe tomato, the small cherry tomato, and the Roma tomato which is often used in pasta sauces.

125 ml (1/2 cup) of tomatoes or tomato sauce is one Food Guide serving of vegetables and fruits.



Vegetable Questions

- The sweetest and most ripe color of pepper is _____.
- Brussel sprouts are small_____.
- Celery can be eaten as a stalk, a seed, or a _____.
- Broccoli is high in _____.
- Cucumbers are _____ and crisp.
- Onions are a _____ crop.
- _____and zucchini are both types of squash.
- Peas can be eaten as seeds or in their _____.
- Ketchup is made from _____.

Fruits

Apple

Apples are a crisp, delicious fruit that grows on the trees in Canada. There are many varieties of apple, including Red Delicious, McIntosh, Gala, Pink Lady, Granny Smith, and Golden Delicious.

One small apple is one Food Guide serving.



Pear

Pears are a green or yellow fruit, most often shaped like a lightbulb.

One medium pear is one Food Guide serving.



Oranges

The orange is a juicy fruit and is very popular when fresh or made into juice.

There are many different types of oranges: Navel, Valencia and Blood Oranges are just three of them.

One medium orange is one Food Guide serving.



Citrus fruits

Grapefruit, orange, lemon, lime and tangerine are all types of citrus fruit.

Grapefruits are the largest and have a refreshing taste. One half of a grapefruit is one food guide serving.

Lemons are small, yellow and sour. They are used for their juice and to flavour many foods.

Limes are small, green and not sour. Their flavor is used in food and baking.

**Peach and nectarines**

Peaches are very juicy orange fruit that make great pies, cakes and desserts. One medium peach is one Food Guide serving.

Nectarines are from the same family as peaches, but they do not have fuzzy hair on the outside. One nectarine is one Food Guide serving.



Apricot

Apricots are the smaller cousin to the peach. Apricots are used for baking deserts and are often sold as dried fruit.

Three fresh apricots are one Food Guide serving.

**Cherry**

Cherries are a small fruit which is red, purple or a mix of yellow and red. Some of the cherries grown in Canada are Rainier (yellow and red), Bing (large and black) and Van (black). Cherries are often used for baking and desserts, or sold as dried fruit.

20 cherries are one Food Guide serving.

**Plum**

Plums are a small purple fruit. Plums are commonly used for baking and desserts. They are sold fresh or dried as prunes.

One plum is one Food Guide serving.



Grapes

Grapes are red, green, or purple berries that grow on a vine.

They can be eaten fresh or dried to make raisins. Some types of grapes are used to make wine.

20 grapes are one Food Guide serving.

**Blueberry and Saskatoon berry**

Blueberries and Saskatoon berries grow on bushes. They can be eaten fresh or frozen, in jam or dried. Saskatoons can be picked in the countryside.

125 ml (1/2 cup) of any berry is one Food Guide serving

**Strawberry**

Strawberries are red berries that grow on small mounds on the ground.

You can grow strawberries in your yard in Edmonton.

Strawberries can be eaten fresh, frozen, or in jam.

125 ml (1/2 cup) of any berry is one Food Guide serving



Raspberry and blackberry

Both raspberries and blackberries grow on bushes. Raspberries are red and blackberries are black. Raspberries can be grown in your yard. McKinnon Ravine has a garden where you can pick berries.

125 ml (1/2 cup) of any berry is one Food Guide serving

**Dates and Figs**

Dates and figs are grown in warmer climates. You can eat them fresh or dried.



Two medium figs are one Food Guide serving.

**Melon**

Melons come in many varieties and colours. They are eaten fresh or made into juice. Watermelon is the largest melon. Some other types of melon are honey dew and cantaloupe.

125 ml (1/2 cup) of melon is one Food Guide serving.



<p>Pineapple</p> <p>Pineapple is a tropical fruit that is grown on a plant low to the ground. It is eaten fresh, canned or dried, and can be made into juice.</p> <p>One slice or 125 ml (1/2 cup) of pineapple is one Food Guide serving.</p>	
<p>Banana</p> <p>This common tropical fruit can be eaten fresh or dried. The outside peel is yellow and the inside is white.</p> <p>One medium banana is one Food Guide serving.</p>	

Fruits Questions

- Gala, McIntosh, and Pink Lady are all different kinds of _____.
- Oranges, grapefruits, lemons, and _____ are citrus fruit.
- A dried plum is called a _____.
- The largest melon is _____.
- Grapes can be purple, red, or _____.
- _____ berries can often be picked in the countryside.

Herbs, Spices, and Seasoning

Herbs and Spices

These come from the roots, leaves, seeds, and stems of a plant.

Spices are often thought to be 'hotter' in flavour e.g. chili and ginger, while herbs are green and leafy, e.g. basil and sage.

Herbs and spices are used to make food tasty. Many herbs can be grown outside in the summer and indoors in the winter.



Common herbs and spices

Some of the most common herbs and spices are garlic, onion, cinnamon, ginger, and chili or peppers.













A list of herbs and spices:





Basil






Basil is a herb and it goes well with tomatoes. It is often used in Italian food.



<p>Bouillon Cube</p> <p>These are used to make a gravy or sauce tasty. They can be beef or chicken flavoured.</p>	
<p>Chili Flakes</p> <p>Chili flakes are made from dried red peppers. They give a hot flavour to foods.</p>	
<p>Cilantro (Si-lan-troe) and coriander</p> <p>Cilantro is the green leaf of a plant.</p> <p>Coriander is the seed of the cilantro plant.</p> <p>They do not taste the same.</p>	
<p>Cinnamon</p> <p>You can buy cinnamon as sticks or as powder.</p>	
<p>Cumin</p> <p>Cumin is a spice. It is used in lots of Asian cooking.</p>	

<p>Curry Powder</p> <p>Curry powder is a mix of 5 or more spices.</p>	
<p>Dill</p> <p>Dill is a herb with a tangy taste. It is commonly used in soup and with pickles.</p> <p>There is dill fern, which is the leaf, and dill seeds.</p>	
<p>Garlic</p> <p>Garlic splits into small parts called cloves.</p>	
<p>Ginger</p> <p>Ginger is the root of a plant.</p>	
<p>Lemon Grass</p> <p>Lemon grass is a green herb that tastes a bit like lemons.</p>	

<p>Mint</p> <p>An herb with a cool taste. You can grow mint in the garden in Edmonton.</p>	
<p>Nutmeg</p> <p>Nutmeg is a spice that is used in baking and drinks.</p>	
<p>Oregano</p> <p>Oregano is a herb that is good with beef, try it in spaghetti sauce.</p>	
<p>Paprika</p> <p>Paprika is made from dried peppers. It has a mild taste.</p>	

<p>Parsley</p> <p>Parsley is a herb that is good in soup and can be used as a breath freshener.</p>	
<p>Pepper</p> <p>This is one of the most common spices. A bit of ground pepper is put in most meals.</p>	
<p>Rosemary</p> <p>Rosemary is a small bush that grows in moderate climates.</p>	
<p>Sage</p> <p>Sage is a herb used with meat and chicken.</p>	
<p>Thyme</p> <p>Thyme is a herb and tastes good with eggs, beans, and vegetables.</p>	

Vanilla

Vanilla has a strong flavour used to flavour sweet foods and drinks.

You can use the vanilla bean, vanilla essence, or vanilla extract. Vanilla essence has a vanilla taste but is not made from vanilla, while vanilla extract is made from vanilla.



Herbs and Spices Questions

- Bouillon cubes can be beef or _____ flavoured.
- Cilantro and _____ come from the same plant.
- You can buy cinnamon as powder or in _____.
- Garlic can be split into small pieces called _____.
- You can use vanilla _____, vanilla _____, or vanilla _____.
- A bit of ground _____ is put in most meals.
- Ginger is the _____ of a plant.

Oils and Fats

Fats

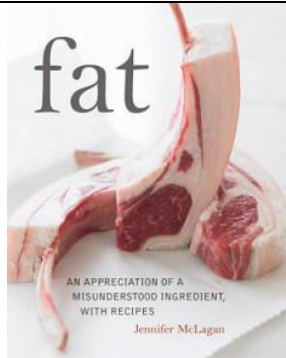
Fats can be split into two groups, animal fat and vegetable fat. Our body uses fat to store energy. Fat also gives us some vitamins, calcium and fatty acids. Too much fat is bad for your health.

Fats are often used to fry food.



Animal Fats

Most meats contain fat, which drips off when the meat is grilled. Other animal fats are butter (made from milk) and lard (made from meat).



Vegetable Fats

There are two main types of vegetable fat: oil and margarine. The oil can be made from many plants, including canola, olives, sunflowers, and peanuts.

Margarine is made mainly from vegetable oil and water. It is used instead of butter.



Oils and Fats Questions

- Fats can be split into two groups, _____ fat and _____ fat.
- Our body uses fat to _____ energy.
- We use fats to _____ food.
- Two types of vegetable fat are _____ and _____.

Reading Labels

Labels on packaged foods give you nutritional information.

Nutritional information on food labels:

- Helps you make informed food choices
- Helps you follow Canada's Food Guide
- Is required on most packaged foods
- Is based on Health Canada's regulations.

Two key pieces of information on a food label

1. **Nutrition Facts Table**
 - Gives you information on serving size, based on Canada's Food Guide
 - Information on calories and nutrients based on 1 serving. The information is in both grams and percentage (%) of daily requirements.
2. **Ingredients**
 - Gives you a list of all the ingredients in the package
 - The ingredients are listed in the order of quantity or amount in the product. The ingredient that used the most is first and the lowest amount is last.

Kraft Dinner

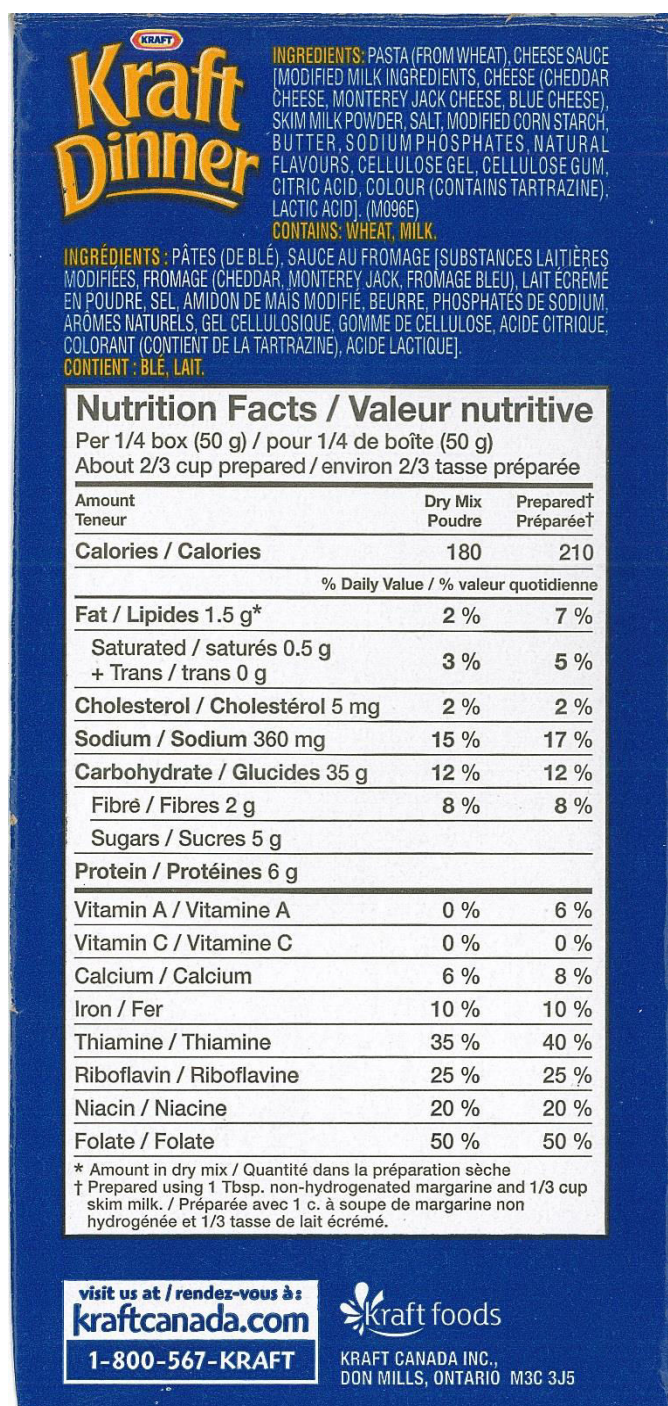
Front of Box



Back of Box



Information on the Back of Box



Kraft Dinner

INGREDIENTS: PASTA (FROM WHEAT), CHEESE SAUCE (MODIFIED MILK INGREDIENTS, CHEESE (CHEDDAR CHEESE, MONTEREY JACK CHEESE, BLUE CHEESE), SKIM MILK POWDER, SALT, MODIFIED CORN STARCH, BUTTER, SODIUM PHOSPHATES, NATURAL FLAVOURS, CELLULOSE GEL, CELLULOSE GUM, CITRIC ACID, COLOUR (CONTAINS TARTRAZINE), LACTIC ACID). (M096E)
CONTAINS: WHEAT, MILK.

INGRÉDIENTS: PÂTES (DE BLÉ), SAUCE AU FROMAGE [SUBSTANCES LAITIÈRES MODIFIÉES, FROMAGE (CHEDDAR, MONTEREY JACK, FROMAGE BLEU), LAIT ÉCREME EN POUDRE, SEL, AMIDON DE MAÏS MODIFIÉ, BEURRE, PHOSPHATES DE SODIUM, ARÔMES NATURELS, GEL CELLULOSIQUE, GOMME DE CELLULOSE, ACIDE CITRIQUE, COLORANT (CONTIENT DE LA TARTRAZINE), ACIDE LACTIQUE].
CONTIENT: BLÉ, LAIT.

Nutrition Facts / Valeur nutritive
 Per 1/4 box (50 g) / pour 1/4 de boîte (50 g)
 About 2/3 cup prepared / environ 2/3 tasse préparée

Amount Teneur	Dry Mix Poudre	Prepared† Préparée†
Calories / Calories	180	210
% Daily Value / % valeur quotidienne		
Fat / Lipides 1.5 g*	2 %	7 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %	5 %
Cholesterol / Cholestérol 5 mg	2 %	2 %
Sodium / Sodium 360 mg	15 %	17 %
Carbohydrate / Glucides 35 g	12 %	12 %
Fibre / Fibres 2 g	8 %	8 %
Sugars / Sucres 5 g		
Protein / Protéines 6 g		
Vitamin A / Vitamine A	0 %	6 %
Vitamin C / Vitamine C	0 %	0 %
Calcium / Calcium	6 %	8 %
Iron / Fer	10 %	10 %
Thiamine / Thiamine	35 %	40 %
Riboflavin / Riboflavine	25 %	25 %
Niacin / Niacine	20 %	20 %
Folate / Folate	50 %	50 %

* Amount in dry mix / Quantité dans la préparation sèche
 † Prepared using 1 Tbsp. non-hydrogenated margarine and 1/3 cup skim milk. / Préparée avec 1 c. à soupe de margarine non hydrogénée et 1/3 tasse de lait écrémé.

visit us at / rendez-vous à:
kraftcanada.com
1-800-567-KRAFT

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

Ingredients

The ingredient that is used the most is pasta (wheat). This means the pasta is made from wheat.

The second most is cheese sauce which is made from milk (modified milk ingredients).

Least amount is colour.

Nutrition Facts

A serving size is 2/3 cup of prepared Kraft dinner and the information is based on this size.

The nutrition facts table gives you information for dry mix and prepared. Prepared means you have cooked and added milk and margarine.

Calories – tell you how much energy you get from one serving.

Percentage (%) Daily Value

Puts nutrients on a scale of 0% to 100%. This scale tell you if there is a little or a lot of a nutrient in one serving.

Get less of these nutrients:

- Fat - saturated and trans fat.
- Cholesterol
- Sodium (salt)

Cereal Label

Kashi Go Lean Cereal

Front of Box



Side of Box

Nutrition Facts		
Serving 1 cup (55 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	200	250
	% Daily Value	
Fat 1 g†	2 %	4 %
Saturated 0.2 g	1 %	5 %
Trans 0 g		
Cholesterol 0 mg	0 %	2 %
Sodium 95 mg	4 %	7 %
Potassium 480 mg	14 %	19 %
Carbohydrate 37 g	12 %	14 %
Fibre 5 g	20 %	20 %
Sugars 9 g		
Protein 13 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	6 %	20 %
Iron	15 %	15 %
Riboflavin	6 %	15 %
Niacin	10 %	15 %
Vitamin B ₆	8 %	10 %
Folate	30 %	35 %
Pantothenate	6 %	15 %
Phosphorus	20 %	30 %
Magnesium	30 %	35 %
Zinc	15 %	20 %
† Amount in cereal.		
INGREDIENTS:		
SOY GRITS, SEVEN WHOLE GRAINS AND SESAME CEREAL (HARD RED WHEAT, LONG GRAIN BROWN RICE, WHOLE GRAIN OATS, TRITICALE, BARLEY, RYE, BUCKWHEAT, SESAME SEEDS), EVAPORATED CANE JUICE SYRUP, CORN MEAL, CORN FLOUR, SOY PROTEIN, WHEAT BRAN, OAT HULL FIBRE, CORN BRAN, HONEY, EVAPORATED CANE JUICE, NATURAL FLAVOUR, CALCIUM CARBONATE, SALT, ANNATTO COLOUR.		
CONTAINS SOY, WHEAT, OAT, TRITICALE, BARLEY, RYE AND SESAME INGREDIENTS.		
Imported for Kashi Company, La Jolla, CA 92037		

Nutrition Facts		
Serving 1 cup (55 g)		
Amount per serving	Cereal	With 1/2 Cup 1% Milk
Calories	200	250
	% Daily Value	
Fat 1 g†	2 %	4 %
Saturated 0.2 g	1 %	5 %
Trans 0 g		
Cholesterol 0 mg	0 %	2 %
Sodium 95 mg	4 %	7 %
Potassium 480 mg	14 %	19 %
Carbohydrate 37 g	12 %	14 %
Fibre 5 g	20 %	20 %
Sugars 9 g		
Protein 13 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	6 %	20 %
Iron	15 %	15 %
Riboflavin	6 %	15 %
Niacin	10 %	15 %
Vitamin B ₆	8 %	10 %
Folate	30 %	35 %
Pantothenate	6 %	15 %
Phosphorus	20 %	30 %
Magnesium	30 %	35 %
Zinc	15 %	20 %
† Amount in cereal.		
INGREDIENTS:		
SOY GRITS, SEVEN WHOLE GRAINS AND SESAME CEREAL (HARD RED WHEAT, LONG GRAIN BROWN RICE, WHOLE GRAIN OATS, TRITICALE, BARLEY, RYE, BUCKWHEAT, SESAME SEEDS), EVAPORATED CANE JUICE SYRUP, CORN MEAL, CORN FLOUR, SOY PROTEIN, WHEAT BRAN, OAT HULL FIBRE, CORN BRAN, HONEY, EVAPORATED CANE JUICE, NATURAL FLAVOUR, CALCIUM CARBONATE, SALT, ANNATTO COLOUR.		
CONTAINS SOY, WHEAT, OAT, TRITICALE, BARLEY, RYE AND SESAME INGREDIENTS.		
Imported for Kashi Company, La Jolla, CA 92037		

Nutrition Facts

Serving is 1 cup. There is information on dry cereal and with ½ cup of 1% milk.

Calories is 200 with only cereal and 250 with milk.

Fat – saturated and trans fats are 5%. This is 5% of what you should eat in one day. This is a low amount.

Cholesterol is from milk only.

Sodium/salt is 95 mg which is 7% of your daily total.

Carbohydrates is 37 grams – with milk 14% of your daily amount.

Fibre is 20% of your daily total.

Protein is 13 grams.

There is a large number of vitamins and minerals in this cereal.

Questions

Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 mL) / par 1/2 tasse (125 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 420 mg	17 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 6 g	26 %
Sugars / Sucres 0 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	10 %



Unico
Haricots rouges

www.unico.ca

INGREDIENTS:
RED KIDNEY BEANS, WATER,
SALT, DISODIUM EDTA.

INGRÉDIENTS:
HARICOTS ROUGES, EAU,
SEL, EDTA DISODIQUE.

- The ingredient that is used the most is _____.
- The size of 1 serving is _____.
- The daily value of iron is _____.
- The daily value of fibre is _____.
- The daily value of salt is _____.

Questionnaire for Collective Kitchens

Please answer all the questions with the best answer for you by using a checkmark.

Since I started in Collective Kitchens...

I recognize, understand, and write more words

- ☐ No change
- ☐ Some new words
- ☐ Lots of new words

I have tried new recipes at home

- ☐ Have not tried new recipes
- ☐ Tried 1 or 2 new recipes
- ☐ Tried over 3 new recipes

I am more confident speaking English with English speakers

- ☐ Does not apply to me
- ☐ A little more confident
- ☐ Very confident

When shopping for groceries

- ☐ There is has been no change in how I shop
- ☐ I know what a 50% sale means and can calculate the price
- ☐ I can compare sizes and price for items I want to buy

Learning about the Canada Food Guide

- ☐ Has not changed how I plan meals for my family
- ☐ Has changed now I plan my meals somewhat
- ☐ I base my planning for all meals off of the Canada Food Guide

Labels on foods

- ☐ I do not read labels on any item before I buy it
- ☐ I check out the label for some foods
- ☐ I read the label on all foods that I buy

When measuring liquids

- ☐ I am somewhat confident that I know how to measure
- ☐ I am confident with measuring
- ☐ I am very confident with measuring and can change measurements for a recipe

I can change a recipe – either to reduce the ingredients for fewer people or increase for more people.

- ☐ I cannot do
- ☐ I can do but I am not always sure I am right
- ☐ I can do easily

I plan to take part in other programs in the community

- ☐ Not at all
- ☐ In the future
- ☐ Have registered in a program or workshop (**please list**)

Comments that you would like to make:

Referrals

Literacy Organizations in Edmonton

- **P.A.L.S. – Project Adult Literacy Society**
 - Provides one-on-one tutoring and small group classes in literacy, math literacy, and English as a Second Language (ESL).

Contact:

41, 9912 106 Street
Edmonton, AB T5K 1C5

780-424-5514

palsedmonton.ca

- **The Centre for Family Literacy**
 - Provides a wide range of adult and family literacy programs.

Contact:

11642 142 Street
Edmonton, AB T5M 1V4

780-421-7323

famlit.ca

- **The Learning Centre Literacy Association**
 - Offers, reading, writing, math and other learning programs for adults in Edmonton

Contact:

218, 3210-118 Avenue
Edmonton, AB T5W 4W1

780-429-0675

tlcla.org

- **Catholic Social Services**

- Provides assessments and referrals to other ESL programs for Landed Immigrants and Permanent Residents.

Contact:

10709 105 Street

Edmonton, AB T5H 2X3

780-424-3545

catholicsocialservices.ab.ca

Contact ECALA for more information about programs in your area

7114 98 Street

Edmonton, AB T6E 3M1

780-415-5520

<http://www.ecala.org>