



# SuperGrans

## Real Numeracy

**UNIT STANDARD:** Numeracy units

**LEVEL:** 1

**RESOURCE TITLE:** Kai Time/Make Aways

**RESOURCE REFERENCE:** Real NumeracyV1

**VOCATIONAL PATHWAY:** Service Industries



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**QUALITY ASSURANCE STATUS:**

These materials have been quality assured to follow NZQA Level 1 standards. It is the responsibility of the education provider to undertake their own pre-moderation before delivery.

## INTRODUCTION

SuperGrans is a service open to everyone who wants practical help and support in learning the basics of home management and life skills. We provide practical hands on support to individuals and families to show you how to make the most out of what you have.

All over Aotearoa branches run workshops and sessions on a variety of topics including: Home made cleaning products, Jams, Pickles and Preserves, Treats and Lunchbox Fillers, Basic Home Maintenance, Easy and Cheap Main Meals, Clothing Alterations, Home and Community Gardening

For this challenge you are going to manage a home and take charge of some of the cooking that needs to be done. Work through the tasks to apply numeracy skills to real life situations. The time you have to learn the skills and finish the tasks will be set by your tutor.

OK, roll up your sleeves, wash your hands and get ready to be let loose in the kitchen. You are in charge of cooking up a storm for your hungry whānau. Let's get you started with a twist on a classic meal that is guaranteed to satisfy. Introducing Spaghetti Bolognese!

## SPAGHETTI BOLOGNESE RECIPE (serves 4 people)



**Preparation Time:** 5 minutes

**Cooking Time:** 35 minutes

- 1 Tablespoon of canola or sunflower oil
- 1 large bunch of silver-beet finely chopped
- 1 x Cauliflower chopped or diced
- 2 x onions, peeled and chopped
- 1 x 400g can baked beans
- 1 x 400g can tomatoes in juice
- 1 teaspoon of mixed herbs or 1 Tablespoon of chopped fresh herbs (optional)
- 400g Spaghetti or pasta

## METHOD

1. Lightly spray base of frying pan with oil
2. Add chopped onions and herbs until onions are browned
3. Add vegetables until nearly cooked using water to keep moisture in
4. Add baked beans and canned tomatoes
5. Stir
6. Bring to the boil and simmer for 30 minutes
7. Serve on a bed of pasta or spaghetti

## ANSWER THE FOLLOWING QUESTIONS.

**Q1.** Mum says it will take 20 minutes to tidy away after cooking. She wants to know "How long do you need in total in the kitchen to prepare this meal, cook and tidy up?"

Answer: \_\_\_\_\_

*Show your workings here:*



**Super Real Tip:** When cooking we use grams (g) and kilograms (kg) ( $1\text{kg}=1000\text{g}$ ) to measure some ingredients. They are measurements of weight(mass). You will see this measurement in recipes. Cooks may use weighing scales to measure their ingredients. It is very important that you include the number and measurement, for example 200 g, when following a recipe or the cook will not be sure of the amount to be used and may ruin your meal!

**Q2.** Aunty Ngaire and Uncle Hemi have also turned up for dinner. Don't panic the fridge is full, but you just need to work out the extra amount of baked beans and spaghetti you will need, to make Spaghetti Bolognese for 6 people?

**What amount of baked beans will you need for 6 people?**

Answer: \_\_\_\_\_

**How much spaghetti will you need for 6 people?**

Answer: \_\_\_\_\_

*Show your workings here:*



# Project 1 – Kai Time

**Q3.** Kapai! Dinner was a hit and some were so full that they just couldn't finish their plate. Pa wants to take leftovers for lunch tomorrow.

**Look at the leftover plates below. What fraction of a whole plate can Pa can take for tomorrow's lunch?**



Answer: \_\_\_\_\_

*Show your workings here:*

**Q4.** Aunty Ngaire owns an orchard and she brought some fruit to make a fruit salad for dessert. Look at what she has brought below.



1.6 kg of oranges



0.6 kg of pears



1.2 kg of apples

**If you use all the fruit to make your dessert what will be the % of each fruit in the fruit salad?** (round your answer to the nearest whole number)

Oranges Answer: \_\_\_\_\_

Pears Answer: \_\_\_\_\_

Apples Answer: \_\_\_\_\_

*Show your workings here:*

## Project 2 – Take-Away ⇨ Make-Away

You have been invited to go hunting with your cousins Tama and Tapoi. They are having a BBQ for you and 3 other friends. Nothing better than a Meat Pattie to throw on the grill and even better when you have made them yourself using the recipe below:

### QUICK BURGERS (makes approx 12 burgers)

Preparation time: 30 mins

Cooking Time: 5 minutes

- 500 grams Minced Beef
- 3/4 cup Rolled Oats
- 1 x Finely Chopped Onion
- 2 Tablespoons Tomato Sauce
- 1 x Egg
- 3 Tablespoons of Standard Flour

### METHOD

1. Mix all of the ingredients together
2. Taking a small amount of mixture shape into patties
3. Lightly coat each pattie in flour
4. Lightly spray base of frying pan with oil and gently fry the patties (checking the inside of the patties to make sure they are cooked)

USE: Burger buns, toasted bread, Focaccia or Pita Bread.

Place patties on buns, top with a choice of salad/ cheese. Add what else you wish (beetroot, egg, onion, lettuce, grated carrot, bean sprouts). Finish with preferred sauce (Tomato, BBQ, Chilli).

ANSWER THE FOLLOWING QUESTIONS.

## Project 2 – Take-Away ⇨ Make-Away

**Q1:** You have all the ingredients needed to make Quick Burgers apart from the mince. Three of your local stores are selling mince.

**Using the information below what store sells the mince with the lowest % of fat?**



Store A:

1 Kg = 230g fat



Store B:

5 Kg = 650g fat



Store C:

4 Kg = 392g fat

Answer: \_\_\_\_\_

*Show your workings here:*



**Super Real Tip:** Mince can contain between 4 and 25% fat. A small amount of fat in our food is needed for all our body cells to work properly and it also gives us energy. Too much fat can make us overweight and can lead to a number of health problems, such heart disease, diabetes, high blood pressure, and breathing difficulties. (Beef and Lamb NZ website)



## Project 2 – Take-Away ⇨ Make-Away

**Q2.** You have now chosen the store to buy your mince. It is common for the store to display the price per 100g as well as the overall price. The price for a 500g pack is \$7. The price for a 1kg pack is \$13.50

**How much would you save per 100g if you bought the 1kg pack of mince?**

Answer: \_\_\_\_\_

*Show your workings here:*



**Super Real Tip:** Under the selling price of goods at the Supermarket is the price per 100g. You can use this information to compare prices and find out which item is the best value.

## Project 2 – Take-Away ⇨ Make-Away

**Q3.** Your burgers were a big success and you have been asked to make them for a major hui next week. You have been given 20 kg of mince to use.

To make the patties you need 3 tablespoons of flour for every 500g of mince

3 tablespoons of flour = 25 g of flour

You have 4 x 450g bags of flour still left in the cupboard

**How many bags of flour will you need to open if you are going to use up all the of mince in your recipe?**

Answer: \_\_\_\_\_

*Show your workings here:*

**Congratulations you are now using Real Numeracy for real life situations that will help you with skills needed around the home.**