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DepED
DEPARTMENT OF EDUCATION

Learning Activity Sheet for TLE

Quarter 3
Lesson
8

Worksheet for TLE Grade 7
Quarter 3: Lesson 8 (Week 8)
SY 2024-2025

Development Team

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LEARNING ACTIVITY SHEET

Learning Area:	TLE 7	**Quarter:**	3
Lesson No.:	8	**Date:**	
Lesson Title/ Topic:	Kitchen Math: English and Metric System		
Name:		**Grade & Section:**	

I. Activity No. 1: Recipe Conversion Challenge (2 Meetings)

II. Objective(s):

1. Recall the conversion process of the kitchen unit of measurements.
2. Calculate the kitchen unit of measurement from English to Metric system and vice versa.
3. Value the significance of appropriately measuring and converting the food materials to prepare food.

III. Materials Needed:

- Carolina
- Units of measurement cut-outs
- Felt tip pen
- Colored papers
- Scissors
- Glue/Paste

IV. Instructions:

GOAL: Practice converting measurements between the English and Metric systems while following a recipe.

SITUATION: You are tasked to convert the measurements of a certain recipe using the English and Metric systems. There will be two recipes to be converted. English and Metric system conversion tables will be provided.

PERFORMANCE/PRODUCT: A completed conversion table of the recipes with English and Metric System units of measurement.

STANDARDS: Please check the rubric/criteria for the completed conversion table of each recipe.

Scoring Rubric for completed conversion table:

CRITERIA	Outstanding (10 points)	Satisfactory (8 points)	Developing (6 points)	Beginning (4 points)	RATING
CONTENT	91%-100% of the content is fully developed and strongly on-topic. Students include personal opinions, thoughts, and feelings in the content.	81%-90% of the content is well developed and remains on-topic for the most part.	71%-80% of the content is somewhat developed and remains on-topic some of the time.	70% of the content is underdeveloped and does not remain on-topic.	
CREATIVITY	Output is exceptionally creative. A lot of thought and effort was used to make the banner.	Output is creative, and a good amount of thought was put into decorating it.	Output is creative, and some thought was put into decorating it.	The output does not reflect any degree of creativity.	
ACCURACY	91%-100% of the responses are correct or on point. Very well-thought-out responses.	81%-90% of the responses are correct or on point. Well thought out.	71%-80% of the responses are accurate or on point. Fairly well thought out.	70% of the responses are properly answered with little thought.	
				TOTAL	**/30**

GUIDELINES:

1. Each student or group will be provided with a recipe that uses a mix of English and Metric measurements.
2. You will convert the measurements from one system to another, ensuring their conversions are accurate.
3. Results/output will be discussed with the class, focusing on conversion strategies and common conversion factors.
4. Discuss any challenges or insights they gained from the conversion process.

Below are sample recipes to be converted:

RECIPE 1 (Chiffon Cake)	ENGLISH SYSTEM	METRIC SYSTEM
2 cups sifted cake flour 1 1/2 cups white sugar 1 tablespoon baking powder 1 teaspoon salt 7 large eggs 3/4 cup cold water 1/2 cup vegetable oil 1 teaspoon vanilla extract 1 teaspoon lemon extract 1/2 teaspoon cream of tartar		

RECIPE 2 (Chicken Adobo)	ENGLISH SYSTEM	METRIC SYSTEM
2 tablespoons Canola oil 6 cloves garlic crushed 1 pc onion sliced 1 kilogram chicken 2 tablespoon vinegar 1/4 cup soy sauce 1 tsp whole black peppercorns 1 teaspoon brown sugar 1 cup spinach		

V. Synthesis/Extended Practice/Differentiation:

Teachers can choose their recipes to be converted. It's also the teacher's discretion if they post the conversion table to the class while doing the task so that students will be guided through the conversion process.

Synthesis question/s:

a) How does mastering the conversion process between kitchen units of measurements contribute to your ability to create and modify recipes?
b) Why is accurate measurement and conversion crucial in food preparation?

Extended Practice Drills/Activities: (below are optional drills and practices to ensure the learner's understanding of the topic)

a) **Recipe Conversion Project:** Select a recipe and convert all the measurements from the English system to the Metric system (or vice versa). Prepare the dish using your converted measurements and reflect on the challenges and successes in the process.
b) **Measurement Olympics:** Organize a friendly competition where participants convert kitchen measurements under time constraints. Include both common and less familiar units to challenge participants.
c) **International Cuisine Exploration:** Choose a recipe from a different cultural cuisine and convert the measurements to your preferred system. Share your converted recipe by reflecting on how the conversion process enhanced your understanding of the recipe.

Suggested differentiated activities:

a) **Visual Learners:** Create a visual guide or infographic illustrating the conversion process for common kitchen measurements. Include images and color-coded examples to aid understanding.
b) **Interactive Conversion Game:** Develop an interactive game or quiz where participants can practice converting measurements. Include different difficulty levels to accommodate various skill levels.
c) **Real-life Conversion Scenarios:** Provide case studies or scenarios where participants must convert measurements based on practical situations, such as adjusting a family recipe for a larger gathering.

Suggested Readings:

a) *"The Joy of Cooking" by Irma S. Rombauer:* This classic cookbook often includes English and Metric measurements, providing a practical reference for recipe conversion.
b) *"Ratio: The Simple Codes Behind the Craft of Everyday Cooking" by Michael Ruhlman:* Explore the ratios of ingredients in cooking and how understanding these ratios can facilitate recipe conversion and improvisation.
c) *Online Resources:* Explore reputable online resources such as cooking websites or food blogs that provide guides on measurement conversion and practical tips for adapting recipes to different systems.

Note: These activities and readings aim to engage the learners in hands-on practice, cater to their different learning styles, and emphasize the practical importance of accurate measurement and conversion in the culinary context.