

FOOD & NUTRITION I

Instructor: Mrs. Hansen

Room #: C-17

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Course Description:

Welcome to Foods and Nutrition 1! This course is designed for students who are interested in understanding the principles of nutrition and in maintaining a healthy lifestyle. Attention will be given to the selection and preparation of food, personal health and well-being. FCCLA may be an integral part of this course.

There will be a state skills and certification test at the end of the semester.

Course Outline/State Standards:

When students complete this course, they will be proficient in the following standards:

1. Applying the skills of kitchen equipment and management.
2. Consistently demonstrating kitchen safety procedures and sanitation techniques.
3. Exploring the dietary guidelines and ChooseMyPlate.gov
4. Identifying the sources and functions of carbohydrates, fiber, proteins, fats, vitamins, minerals and water and applying appropriate food preparation techniques.

Expectations:

1. Show Respect
2. Be on Time
3. Do Your Best

Daily Requirements:

1. A pen or pencil
2. A good attitude

Grade Scale:

A = 93-100%	B = 83-86%	C = 73-76%	D = 63-67%
A- = 90-92%	B- = 80-82%	C- = 70-72%	D- = 60-62
B+ = 87-89%	C+ = 77-79%	D+ = 67-69%	F = 0-59%

1. Homework Policy:

There is a minimal amount of homework in this class. However, if a student does not finish the work in class, it will be assigned as homework. Assignments not turned in on due date will lose 20% of their scored point. If you miss class it is **your** responsibility to find out what you missed and what you need to do to make up the work.

If students miss a lab, they must prepare the item at home. They will then return the lab sheet to me with a parent/guardian signature along with a sample or picture of the food item made within one week from day of being absent for full credit. (You have to be in the picture with the food!)

2. Late Work Policy:

Progress reports are sent home occasionally for you to sign and brought back for extra credit. If a student is receiving an undesirable grade, he/she can make an appointment with me before or after

school to “fix” it. It is the student’s responsibility to resolve any missed assignments when absent. I will file daily assignments, handouts, etc. in the classroom.

There will be two times during each term that ALL late work will be due; one at midterm and the other near the end of the term. After these two due dates, no late work will be accepted.

3. Hall Pass Policy:

Each student will receive two hall passes for each term. Please let me know if your student will require a circumstance of needing more.

4. Participation Grading:

Students will receive 20 participation points each day we have lecture and 50 points each lab. Participation points are given for being on time, being respectful and carrying out assigned duties. If these requirements are not met, the student will lose points.

If a student is tardy, they will lose 5 points. If a student is disrespectful, they may lose up to 10 points. If a student is more than 15 minutes late, they will only receive half of points.

Each student will receive 2 ‘free’ participation points each semester (lecture days) when absence is excused to allow for unexpected absences. After the second absence whether excused or not student will receive zero points. 1 ‘free’ lab day is given each semester.

5. Lab Expectations:

Because there are safety issues in the lab, it is important that you understand the behavior that is expected. If these rules are not followed student will be asked to find a new class.

No food or water fights

Must work with assigned group

Have kitchen checked off by Mrs. Hansen before leaving – or you will receive 0 points

Sit at table to eat, sitting on counters is a 5 point deduction

Hair shoulder length and longer needs to be tied back each day we cook

6. Cell Phones/IPods/Other Electronic Devices:

Cell phones, Ipods and other electronic devices are not allowed to be used during class. Any electronic devices that are seen or heard will be taken from you and given to the administration.

Please sign and return by: _____

We have read this disclosure for Food & Nutrition I, understand it and have a copy of it to reference.

Student Printed Name

Class Period

Student Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Email(s)

Parent/Guardian Phone Number(s)

***Only used to communicate your students' progress**

My student is allergic to the following foods: _____

Parents: If you have any questions or concerns about classroom procedures or curriculum, feel free to contact me. I respond fastest to emails but you can call before or after school when needed.

*If you know of any person or resources that could enrich our educational experiences in Interior Design, Fashion Strategies, Child Development, Gourmet Foods, or ProStart please list them below.