

FOODS AND NUTRITION

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COURSE DESCRIPTION:

This course is designed to give students a basic knowledge in nutrition and food preparation.

COURSE GOALS:

1. Identify and use kitchen equipment.
2. Demonstrate food safety and sanitation.
3. Acquire a knowledge about dietary guidelines.
4. Identify the six nutrients, what they do in our body, and identify food sources for each nutrient.

CLASS RULES AND PROCEDURES:

1. Be on time--you must be in the classroom when the bell rings.
2. Be prepared--you will need a PENCIL/pen every day AND your note packet (keep it for class)
3. Respect--for the teacher, other students and kitchen equipment.
4. Try your best! Bring a good attitude with you and be prepared to work on new skills and improve the ones you have.
5. Try each food that is cooked in the lab activity.
6. Clean up the kitchen area after each lab activity. **No one leaves** until all clean up is done.
7. Participation is a **MUST** for preparation and clean up.
8. You are allowed 3 bathroom passes. Plan to use the bathroom before or after class.
9. You can bring a water bottle or use the kitchen glasses for water (only on cooking days)

GRADING:

Regular attendance is a *key factor* to success in this class.

Most of the work is hands on and will be done in class.

Each lab and assignment is linked to a state strand and objective and **MUST** be made up.

You can make up labs for full credit by cooking at home and turn in a Lab Make-up paper with a parent's signature.

Students will be graded on cooking labs, quizzes and tests.

If you are absent for any reason **YOU** are responsible for finding out what you missed.

You are responsible to check your grade on powerschool and staying caught up on assignments. **ALL** labs and assignments **MUST** be made up before the Unit assessment.

For students that fall below 70% on any unit assessment, they will be invited to participate in an intervention for extra help to reach mastery.

There is a mandatory Skills Test associated with this class. There are **NO** retakes.

TECHNOLOGY:

Cell phones are **NOT** to be used in class. Any device that disrupts learning will be confiscated and taken to the Vice-Principal for safe keeping until **AFTER** school.