

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 from the food pyramid
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. Respect--for the teacher, other students and kitchen equipment.
3. Always practice SAFETY-sign the *Lab Safety Form* **before** participating in cooking labs.
4. Try each food that is cooked in the lab activity.
5. Clean up the kitchen area after each lab activity. **No one leaves** until all clean up is done.
6. Participation is a **MUST** for preparation and clean up.
7. SMART pass will be used. Plan to use the bathroom before or after class.
8. You can bring a water bottle or on cooking days you may use the kitchen glasses for water.
9. **Only clean designated** ball caps may be worn to restrain hair, or tie your hair back on lab days.
10. Ear device will need to be put away during labs and discussion days.
11. Cell phones are to be stored in student's locker until the end of the day.

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.

TECHNOLOGY:

Cell phones are **NOT** to be used in class. All cell phones will be stored in student's locker.

Smart watches need to be silenced and ear devices will need to be stored in the locker.

FOODS CLASS CONTRACT

I _____ agree to the following:

1. I will show respect for people and other's property at ALL times.
2. I will be on time to class.
3. I will NOT sit on counters or tables or lean back on my chair.
4. On Lab days I will pull my hair back with an elastic/clean ball cap.
5. When we are cooking I will wear an APRON.
6. I will stay in my assigned kitchen during cooking labs.
7. I will use TOWELS in an appropriate manner.
8. NOTHING will be thrown during labs.
9. The refrigerator and pantry are off limits unless you have permission.
10. PHONES will be kept in student lockers from "bell to bell."
11. I will do my CLEANING assignment and stay until the job is done.
12. I will TRY all foods that we make on lab days.
13. I will STAY in the classroom and get permission to be excused.
14. Food MUST be eaten in the classroom and not in the halls.
15. ICE from the classroom must be KEPT in the classroom.

Violation of the rules or inappropriate behavior will result in loss of cooking privileges.

You are responsible for your behavior and completion of all assignments.

I have read and discussed these rules in class and I understand them.

I agree to abide by these rules and the overall rules at our school and

I understand the consequences if I fail to follow these rules.



(student signature)

Period _____



Because we will be preparing and eating food, please indicate below any food **ALLERGIES** or health issues that you think the teacher should be aware of.

