

# Food and Nutrition I

## Syllabus

**Student's Name:** \_\_\_\_\_

**August 28, 2017**

It is a pleasure and privilege to have you in my **Food I** class. I hope that each of you are looking forward to a great semester.

**Course Description:**

This course examines the nutritional needs of the individual. Emphasis is placed on fundamental of food production, kitchen and meal management, food groups and their preparation, and time and resource management. English Language Arts, Mathematics, Science, and Social Studies are reinforced. Work-based learning strategies appropriate for this course include service learning and job shadowing. Apprenticeship and cooperative education are not available for this course. Family, Career and Community Leaders of America (FCCLA) competitive events, community service, and leadership activities provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences.

### Course Goals

- 1.00 Understand the relationship between food choices and health.
  - 1.01 Remember influences on food choices.
  - 1.02 Understand guidelines for healthful food preparation.
- 2.00 Understand methods of food preparation.
  - 2.01 Understand kitchen safety.
  - 2.02 Understand food safety and sanitation.
  - 2.03 Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms.
  - 2.04 Remember equipment and procedures for its use and care.
  - 2.05 Remember recipe parts, sources and adjustments.
  - 2.06 Understand processes and benefits of a work plan and teamwork for preparing healthy foods.
- 3.00 Understand procedures, equipment and cooking methods in food preparation.
  - 3.01 Understand procedures, equipment and cooking methods in fruit and vegetable preparation.
  - 3.02 Understand procedures, equipment and cooking methods in dairy preparation.
  - 3.03 Understand procedures, equipment and cooking methods in grain preparation.
  - 3.04 Understand procedures, equipment and cooking methods in protein preparation.
- 4.00 Understand procedures, equipment and techniques applied to baking production.
  - 4.01 Understand procedures to prepare quick bread products.

- 4.02 Understand procedures to prepare yeast bread products.
- 4.03 Understand procedures to prepare cakes and frostings. (SUPPLEMENTAL)
- 5.00 Understand the principles of etiquette for meal service.
- 5.01 Understand the principles of basic table setting and meal service.
- 5.02 Understand the principles of table manners.
- 6.00 Apply methods for meal planning and preparation.
- 6.01 Understand strategies in meal planning.
- 6.02 Understand strategies of selecting and storing food.
- 6.03 Apply methods to prepare healthy meals.

### **Required Materials**

- i. Textbook: Food for Today (*provided*)
- ii. 1 1/2" ring binder
- iii. College ruled paper (for ring binder)
- iv. Pencils; black or blue ink pens
- v. FCCLA dues \$15.00
- vi. 1 flashdrive

### **Policies and Procedures**

- i. Be in your seat when the bell rings
- ii. 3 tardies = detention= administrative referral
- iii. Remain quiet while you are being addressed; you will lose out on important information and the habit is a sign of disrespect.
- iv. Cell phones will be confiscated if it is out and in use in class; refer to school policy.
- v. Profanity is not allowed in class.
- vi. Bring all required materials to class.
- vii. Classwork is due before leaving class.
- viii. There will be NO STUDENT in the lab without a teacher's permission.

### **Consequences**

- i. Warning
- ii. Student conference
- iii. Parent call/conference
- iv. Administrative referral

## Assessment Guidelines

### Daily bell work

There will be daily bell work on the white board or projected on smart board. This is to be completed on entering class. Bell work is MOST OFTEN TIMES GRADED for participation or classwork!

### Quiz

There will be unanticipated quizzes to evaluate an aspect of an objective or an entire objective.

### Test

A test will MOST ALWAYS be given at the end of a chapter or an objective.

### Projects

There will be at least ONE academic and ONE hands-on based project. Specific instructions will be given by the teacher.

### Make-up Work

It is **your responsibility** to get all notes and assignments for days you are absent. **You will have 3 days to make up any missed work. Refer to your handbook (board policy).** Make-up work will not be allowed for non-excused absences.

### Make-up Test

If you are absent on the day of a test, it is your responsibility to make it up in your own time – tutoring time is ideal for this. You will have 3 days to make up your test.

### Late Work

Class work is to be turned in at the end of class. Some late work may be accepted at the teacher's discretion however, points will be deducted depending on the situation!

### Tutoring

The days for tutoring will be Tuesdays and Wednesdays at 3:45 pm for an hour.

### Grading Criteria

Course Component	Percentage of Grade
Tests/Projects	30%
Labs	30%
Quizzes	25%
Classwork/Participation/Homework	15%

A = 90% - 100%   B = 80% -89%   C =70% - 79%   D = 60%- 69%   F = 59% and below

**EDMODO**

Dear Parents:

Again, we will be using Edmodo in our classroom. Edmodo is a free and secure social learning network for teachers, students and schools. It provides a safe and easy way for us to connect, share content and access homework, grades and school notices.

Edmodo also offers parent accounts and I'd like to invite you to join our classroom online.

With Parent Accounts, you can:

- View your child's homework assignments and due dates
- Stay up to date on your child's grades
- Receive updates on class and school events

Edmodo is accessible online and on any mobile device with Internet capabilities (they also offer a free iPhone and Android app). You can access your account on the go, and adjust your notification settings within Edmodo to receive alerts via text or email.

To join our classroom on Edmodo, follow these steps:

1. Go to [www.edmodo.com](http://www.edmodo.com)
2. Select "Parent Signup" (the link is located below the student and teacher sign up buttons)
3. Key in **your unique code: [XXXXXX]** in the Parent Code field, then create your unique username and password.
4. Select Sign Up. That's all there is to it!
5. **Please request your child's unique class code via my email.**

After you sign up for the first time, you will no longer need the parent code – you'll login using your unique username and password to login.

Let me know if you have any questions. I look forward to connecting with you on Edmodo!

Sincerely,

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Denise Ewart-Purvis

**FCCLA**

Dear Parents and Guardians,

We are pleased to announce that our Family, Career, and Community Leaders of America (FCCLA) chapter has been active and vibrant over the last few years. Our course requires that all students enrolled in a Family and Consumer Science must join the FCCLA chapter. This chapter is a dynamic and effective national student organization that helps young men and women become leaders. It addresses important personal, family and social issues through Family and Consumer Science Education.

FCCLA provides students with the opportunity to participate in its many national programs. The Power of One National Program emphasizes personal development. Upon completion of this program, students will receive recognition on the national level. This program will be part of our Family and Consumer Science classes. There are many other programs that students may be a part of in FCCLA.

FCCLA is unique among youth organization because its programs are planned and run by its members. It is the only national in-school organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers, and communities.

There are also scholarship opportunities from Johnson and Wales University and other organizations for being an active member of the FCCLA chapter.

**Mandatory dues of \$15 is paid by each member; it covers the state of North Carolina and National affiliations.**

**Finally, FTS chapter's meeting day is Friday's right after school.**

Sincerely,

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Denise Ewart-Purvis

(FCCLA Advisor)

**Contact information**

Parents should feel free to contact me with any Questions and/or concern either through the front office 910-484-1151 ext. 431 or via email (deniseewart-purvis@ccs.k12.nc.us). The most reliable way to reach me is through email.

I look forward to working with each of you this year. Please sign and return the attached acknowledgement and information form by **Friday September 1, 2017.**

Sincerely,

Denise Ewart-Purvis

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I have read the attached course syllabus, Edmodo guidelines and FCCLA letter. I am aware of the established make up and absence policies, class guidelines and grading criteria. I understand that I am free to ask questions or make comments in regard to what I have read at any time. We are attaching our signature as proof of our agreement and in cooperation with all guidelines.

**Students' name:**

\_\_\_\_\_

Student's signature:

\_\_\_\_\_

Date: \_\_\_\_\_

**Parent/Guardian's name & signature:**

\_\_\_\_\_

Parent/Guardian's Email:

\_\_\_\_\_

**Parent's contact number:** \_\_\_\_\_

Date: \_\_\_\_\_