

Food and Nutrition

Grade: 9-12

One credit per year

I. Course Objectives

This is an introductory course to familiarize students with basic nutrition facts and basic food preparation skills. Students will identify cooking terms and basic equipment. They will demonstrate correct methods for measuring all ingredients and will evaluate all prepared foods.

II. Content

- A. Introduction to Foods – making healthful food choices.
- B. Nutrition – Understanding nutrients and the new Food Guide Pyramid, including recommended daily servings, serving size, and key nutrients in each group.
- C. Introduction to equipment, use and care of appliances, recipe terminology, recipe math, shopping for food and label reading.
- D. Measuring and cooking methods, safety in the kitchen, and food safety.
- E. Study and lab preparations of numerous topics including fruit, grains, vegetables, milk, legumes, meat, poultry, salads, one-dish meals and healthful snacks.

III. Materials

- A. Textbooks – Discovering Foods, Helen Kowtaluk
Food for Today, Alice Kopan
- B. Teacher prepared worksheets, teacher demonstrations, media articles, videos, and guest speakers.
- C. Upon successful completion of paper work, laboratory preparations and evaluations.

IV. Materials Provided By The Student

- A. Folder or notebook for graded paperwork and handouts.
- B. Writing implement.

V. Grading

- A. Grade will be based on class assignments and worksheets.
- B. Classroom participation.
- C. Notebook – file of recipes, all graded worksheets, reference material and notes.
- D. Lab preparation evaluations.
- E. Tests and quizzes
- F. Extra credit assignments – at home cooking, summerization of magazine or newspaper articles on current food topics.

VI. Method of Computation

- A. Student accumulates points by completing items in Section V.
- B. $\% \text{ grade} = \text{points accumulated by student} \div \text{total number of points}$
- C. Grade scale:
 - A. = 93-100
 - B = 85-92
 - C = 77-84
 - D = 70-76
 - F = Below 70
- D. Final grade is the average of the 4 marking period grades.
- E. Three missed labs will result in the lowering of the student's grade by 10 points.
- F. Successful completion of this course is required for advancement in the foods program.