

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.
- C. Calculator

The Grading Policy for students enrolled in Mrs. Johnston's Foods and Nutrition class

METHOD OF COMPUTATION AND GRADE SCALE

1. % = Academic assignments + daily participation
2. A = 93 – 100
B = 85 - 92
C = 77 - 84
D = 70 - 76
F = Below 70
3. Three missed labs will result in the lowering of the student's grade by 10 points
4. Your final grade will be the average of the four marking period grades.
5. Successful completion of this course is required for advancement in the foods program.
6. A midterm and a final will be given if required by the administration.

GRADING Your written work/assignments are 70% of your grade and are based on the following:

1. Grade will be based on class assignments* ** and worksheets* ** (70%)
2. Classroom participation (30%)
3. Notebook - file of recipes, all graded worksheets, reference material and notes.
4. Lab preparation evaluations. **Lab work cannot be made up and missing three labs in a marking period will result in a lowering of the student's grade by 10 points. Also an absence on planning day will prohibit the student from working with his or her group in food preparation.**
5. Tests and quizzes* **
6. Extra credit assignments - at home cooking, summarization of magazine or newspaper articles on current food topics. **Extra credit is an enrichment and will improve a student's low assignment grade. Extra credit is not to be used to replace a zero for an assignment not completed.**

* ** **Work missed due to excused absences must be made up in compliance with the school policy and is the responsibility of the student. All test, quizzes, homework, assignments, and reading assignments must be made up by specified deadline dates.**

****10 Points will be deducted daily for work that is not completed by deadlines. And once graded work has been returned to the students, late or make-up work will not be accepted at all.**

Your participation is 30% of your grade, each day begins with a 100. It is possible to boost your marking period grade an entire letter grade with good daily participation. It is averaged for the six day cycle and it is based on the following:

1. Participating in classroom discussion and reading, and not in your personal life during classroom discussion
2. Arriving to class on time, you must be sitting in your assigned seat when the bell rings.
3. Keeping a folder of all worksheets, reference sheets, assignments and notes.
4. Not having unexcused absences.
5. Not interfering with the learning process of others by disrupting class.

The following factors will affect your participation grade and 10 points will be deducted because they interfere with the learning process of others.

1. Unexcused lateness – it interrupts the flow of the class period. If you are not in your seat when that bell rings, you are late.
2. Eating food in class or drinking beverages that is not prepared during the scheduled foods lab.
3. Gum chewing on food preparation days, Food Sanitation code prohibits gum chewing in food preparation and serving areas
4. Completing other work in class or writing notes to other students
5. Conducting your social life when you are supposed to be participating in class work, reading or discussion. If you have something to say, share it with all of us, you might be able to teach us something new.

The following factors will affect your participation grade 30 points or more:

1. If your head is down in class, it will result in a loss of 30 points. If you have your head down, you can't be participating.
2. Disrupting class in a manner which requires you to go to the SAC room, will result in a zero for the day. You can't participate if you are in the SAC instead of class.
3. If you need to be told three times that your behavior is inappropriate, but it does not require your going to SAC. You will have a grade of a zero for the day.
4. **Unexcused absences**, you can't participate if you have not come to class and you will receive a zero for the day. Also you will not be allowed to make up work.
ITEMS 2 & 3 MENTIONED INTERFERE WITH THE LEARNING PROCESS OF OTHERS.

IF YOU ARE SENT TO SAC, TAKE YOUR CLASS WORK TO SAC AND EARN AN ACADEMIC GRADE FOR THE WORK. IT WILL BE RECORDED IN THE ACADEMIC SECTION OF THE GRADE BOOK.

REMINDER

Each day of class starts with an **A (100)** in participation, a positive attitude insures success in the course.