

Springville High

FOOD AND NUTRITION 2

Mrs. Keller –Room C-17

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Course Description: This course is designed to focus on principles of food preparation, sports nutrition, consumerism, and career options in the food industry. The study and application of nutrition, sanitation, food sciences and technology in this course provides students with laboratory-based experiences that will strengthen their comprehension of concepts and standards outlined in Science, Technology, Engineering and Math (STEM) education. FCCLA may be an integral part of this course. There will be a state skills and certification test at the end of the semester.

Course Objectives: When students complete this course, they will be proficient in the following standards:

1. Students will review and apply the skills of kitchen management, safety and sanitation.
2. Demonstrate food preparation techniques and nutrition of yeast breads.
3. Apply budgeting and consumerism skills to manage food costs.
4. Demonstrate food preparation techniques and nutrition of meats, poultry and seafood.
5. Apply proper procedures for knives and knife cuts.
6. Demonstrate food preparation techniques and nutrition of salads.
7. Explore health concerns incorporating guidelines from MyPlate and current dietary guidelines throughout the life span.
8. Demonstrate food preparation and nutrition of soups and sauces.
9. Identify and apply the elements of meal planning, meal management, and meal service.
10. Demonstrate food preparation techniques and nutrition of pies/tarts.
11. Discuss career options and employment skills required in the food service industry.

Classroom Rules: Along with the following classroom rules, students will be expected to follow all school rules and dress code. Students will:

- 1- Be on time: School tardiness policy will be followed. A daily “Bell-Ringer” will be given
– Tardy or absent students will NOT be able to make up these points!
- 2- Be prepared: Students will need a pen or pencil *every day*.
- 3- BE RESPECTFUL: Students will show respect for others, the equipment, and myself.
- 4- FOLLOW DIRECTIONS!
- 5- Keep hands, feet, and other objects to yourself.
- 6- Treat others kindly. Bullying will not be tolerated in my classroom. All reports of bullying will be reported to the administration.

Consequences: 1st- verbal warning. 2nd- Lose participation points, move seat.
3rd- Parent notification, lose participation points. 4th- Removal from class, see administration.

Lab Rules: In order for our class to have the *privilege* to cook, *all lab rules* are expected to be followed. Students will:

1. Stay in assigned kitchens or at assigned table.
2. Keep the noise level low.
3. Complete assigned cooking and cleaning jobs.
4. Act responsibly: No horseplay (snapping towels, splashing water, wandering, etc.).
5. Keep hands and other objects to yourself.
6. Respect all equipment and use it appropriately.

Consequences: 1st: Verbal warning. 2nd: Five points taken from lab grade. 3rd: All lab points taken, parent notification. 4th: Cooking privilege taken away, parent notification.

Grades: Grades will include an average of daily participation points, in class assignments, cooking labs, attendance, and homework. Cooking labs will be worth 30 points each. Grades will be updated weekly. Students and parents may check all class grades by going to the school's website, www.shs.nebo.edu, and accessing the SIS login link.

Homework: Students are required to practice cooking at home three times during the semester, by making a recipe of their choice. This can be a recipe from class, a family recipe, or a new recipe. Students should clean up as part of their grade. A parent/or guardian will need to sign and send back the "Home Cooking Project" form along with a picture or sample for full credit.

Make-up: To make-up a missed cooking lab students will need to practice cooking at home and bring back a signed "Make-up" sheet. Students must make the same recipe that they missed in class, and cleanup will be part of the grade. A picture or sample will also be required to receive full credit. ***If you bring a picture you have to be in the picture with the food!***

Attendance: SHS attendance policies will be enforced. Attendance is crucial for this course. If a student is absent they will be required to make up the work that they missed. Students are responsible to find out what they missed and what they need to do to make up the work. *Attendance is also 10% of a student's grade.*

Grading Scale:

100-93% = A	89-87% = B+	82-80% = B-	76-73% = C
92-90% = A-	86-83% = B	79-77% = C+	72-70% = C

Students with Disabilities: If you have any disability that may keep you from successfully completing this class, please let me know. Accommodations are granted for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor through the main office.

Dress and Grooming: Students will be expected to follow proper food safety and sanitation procedures which includes proper dress and grooming. During labs students will be expected to have their hair pulled back, and wear closed toe shoes. Students will be informed in advance of upcoming labs via the class website and/or the calendar posted in the classroom, so that they will be prepared. *Students who come to class unprepared will lose points from their lab score.*

Electronic Devices: School policy will be enforced for electronic devices. See the "Electronic Devices" section in the student handbook for more details.

PLEASE SIGN AND RETURN

Student Name (Please Print) _____

Student Signature _____ (I have read the disclosure and am willing to follow the rules and procedures for Foods).

Parent/Guardian Signature _____ (I have read the disclosure with my student and understand the expectations of my student in Foods).

Does your student have any **FOOD ALLERGIES**? Please explain.

- * If you would be willing to share or teach any skills, talents or knowledge with our class, please explain below. For example, if you have a recipe you love and would like to demonstrate for the class, if you own a food business and would like to share any experiences or demonstrate a recipe, etc. We would love to have parent involvement in our classroom!

THANK YOU!