

Food and Nutrition Sciences I

East High School (801) 583-1661 ext 2211

Ms. Price valeree.price@slcschools.org

Instagram @EHSfoodsclass

Course Website: Canvas

Course Description:

This course is open to students who are in grades 9-12, that are interested in exploring Nutrition/Food Sciences and becoming proficient in cooking for themselves or families. Students will learn how to improve their eating habits and learn the benefits of living a healthy lifestyle. Passing this class is a prerequisite for Foods 2 or ProStart, our advanced culinary class.

Class Objectives:

1. Apply the skills of kitchen equipment and management.
2. Demonstrate proper kitchen safety procedures and sanitation techniques.
3. Explore the current dietary guidelines and ChooseMyPlate.gov
4. Identify the sources and functions of carbohydrates, fiber, protein, and fats.
5. Identify the sources and functions of vitamins, minerals, and water.
6. Demonstrate proper food preparation techniques of the 6 essential nutrients.

Fees:

- There is a fee for this course that is **\$20.00**. It needs to be paid to the treasurer's office before your first lab.
- You are required to furnish food for any makeup labs at home
- Students who take food without permission will be fined (minimum \$5.00)
- \$20 food handlers permit (optional)

Required Text: Nutrition, Food and Fitness is the text that we will be using for this course. It will stay in the classroom but students are allowed to check a book out if needed.

Required Supplies:

- Lined paper
- Pencil/Pen
- Binder
- Anyone with hair longer than shoulders needs to have something to pull hair back

Attendance

- Students are expected to be in class on time every day since this is primarily a participatory curriculum. Success in the class is dependent upon good attendance.

Student Responsibilities:

- Come to class on time, prepared, and ready to work (text, packet, pencil).
- Good discipline and worth ethic in labs are requirements of this course
- Respect yourself, the teacher, and other students.
- Use equipment properly and safely
- Leaving the classroom without permission will be recorded as an unexcused absence.
- Follow safety procedures and clean your area before your group is dismissed
- Cell phones must be put away during class. If they are out without permission, they are confiscated and held until the end of the school day.
- Follow directions and cooperate well with others during the labs

- Every student is expected to TASTE AND EVALUATE all food he/she helps prepare. This is part of your grade...if you have a food allergy let me know ASAP—bring a note from your doctor or parent at the beginning of the semester.

Grading Scale:

93-100 = A	73-76 = C
90-93 = A-	72-70 = C-
87-89 = B+	67-69 = D+
83-86 = B	63-66 = D
80-82 = B-	60-62 = D-
77-79 = C+	below 60 = F

If there is a perceived error, grade changes must be completed within one week of the end of the quarter, or by June 30th of fourth quarter.

Make-up Policy:

- Picking up, completing, and returning all makeup work is the Student's responsibility. When student's have an excused absence, they have one week to get missed work turned in.

Late Work:

- ½ Credit if turned in within a week. After that it turns to 0.

Food Handlers Permit:

- Food handlers permit is required to work in the food industry and helps students to get jobs in the community.
- Each student will take the test as part of the Foods 1 curriculum
- Test score will go on your grade
- It is optional to pay the fee to receive your permit. The fee is \$20 and is due by the date of the test (approx. 3 weeks of the course start date).
- Fee waiver does not cover the cost since it is optional. If payment plan is needed please talk to Ms. Price.

Cooking Labs:

- Students who do not follow instructions or do not participate in class work will not be allowed to cook.
- Students will have assigned kitchen jobs that need to be completed before they leave class. Groups that do not complete these jobs will lose points from their cooking lab score and may lose cooking privileges.
- If hair is not pulled back you will lose points on lab.
- Excusal notes will not be given to students who do not finish cooking labs on time.
- If you miss a cooking lab, you must make the food item at home, bring 3-4 pictures or video of you preparing the food item, along with a lab make-up sheet that **MUST** be signed by a parent stating they made the food item on their own and cleaned up after. (If you opt to take a picture for proof of the assignment, it can be brought to me, shown on a camera/phone after school, or emailed to me.) However, the picture must show the YOU preparing the food item.

State Test:

A comprehensive test will be given by the state at the end of this course. It is a multiple-choice test that will be corrected by the state and the scores returned to the teacher. **It is very important that students are present the day the state test is given because there is only a 5-day period that students are allowed to take the test. Students who miss this test will not be able to make it up.** Students will be notified as soon as the test date is scheduled. It is the student's responsibility to notify the teacher before the test is given if he/she will be absent the day of the test so that an alternate date can be arranged.

Food and Nutrition

Please return this signed paper to Ms. Price. Keep the copy of the disclosure for your own information.

This document is due _____

I have read this disclosure and I agree to follow the policies and procedures it contains so that I will be successful in this class. I will follow the kitchen procedures and rules.

Please explain if your student needs any special accommodations, has food allergies, or food preferences due to religion or other practices/beliefs.

I understand that I will be part of the classes' social media presentations. Pictures will be posted of me performing classwork and labs throughout the year.

Period _____ Date _____

Student Name (please print) _____

Student Signature _____

Parent signature _____

No district employee or student shall be subjected to discrimination in employment or any district program or activity on the basis of age, color, disability, gender, gender identity, genetic information, national origin, pregnancy, race, religion, sexual orientation, or veteran status. The district is committed to providing equal access and equal opportunity in its programs, services and employment including its policies, complaint processes, program accessibility, district facility use, accommodations and other Equal Employment Opportunity matters. The district also provides equal access to district facilities for all youth groups listed in Title 36 of the United States Code, including scouting groups. The following person has been designated to handle inquiries and complaints regarding unlawful discrimination, harassment, and retaliation: Tina Hatch, Compliance and Investigations, 440 East 100 South, Salt Lake City, Utah 84111, (801) 578-8388. You may also contact the Office for Civil Rights, Denver, CO, (303) 844-5695.