SAUGERTIES HIGH SCHOOL

***Food & Nutrition***

# Course Syllabus

**Instructor: Ms. Wollyung**

**Room Number: Room 616**

**Phone Number:**

**Email: jwollyung@saugerties.k12.ny.us**

**Food & Nutrition – 1st Semester Grades 9-12 ½ credit**

**COURSE DESCRIPTION:** A food class for all students that provides the basic skills needed for professional and personal life. The course teaches students the foundations of basic food preparation. It will help students develop an understanding of sound nutritional concepts through many hands-on experiences related to nutrition and food. Students will acquire and apply basic nutritional guidelines to their and others’ diets. They will do a self-evaluation of their own diet and prepare a meal for someone with a special diet. Additionally, they will learn about eating disorders and how to recognize them. Students will prepare basic baked goods, fruits, vegetables, grains, dairy foods, meats and fish. They will understand the kitchen equipment and utensils to prepare the food in various ways and practice good safety and sanitation practices used in the food industry.

**CLASS MATERIALS**

* Binder – 1 ½ inch
* Pen or pencil
* Planner or assignment book

**Classroom Expectations**

* ***Respect –***Be honest and truthful, be respectful of peers and adults
* ***Safety –*** Follow safety rules and procedures, keep work area orderly
* ***Responsibility –*** Complete work on time, follow directions, ask for help when needed, contribute to class discussion
* ***Quality –*** Show determination to complete tasks, be consistent in quality, focus on the task at hand
* ***Teamwork –*** Work as a productive team member in a variety of roles

**Make-up Work**

* All missed work may be made up at full credit in a specific time frame.
* **It is the student’s responsibility** to initiate contact with the teacher to get make up work.
* Work must be made up in a timely fashion, generally within the same number of days as the absence (e.g. absent 2 days, work made up in 2 days).
* If you are absent the day of a Lab you need to complete the lab at home, fill out the lab-make up sheet and turn it in along with a picture or sample of the finished product in order to receive credit.

**EXTRA HELP**

* Available 9th period any day, however arraignments need to be made ahead oftime(i.e. don’t just show up, let me know beforehand what day you plan on staying)

**CELL PHONES**

Electronic devices should be kept in student’s backpacks or lockers. They should not be out during class, unless otherwise instructed by the teacher or with teacher permission.

**GRADING POLICY**

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| Tests and Quizzes | 20% | Tests are given at the end of a unit.  Final exam will be given at the end of the course. |
| Projects/Labs | 40% | Proper work ethic – no fooling around, professional attitude  Cooperation/Teamwork – you must be an active participant in a team/group when working on projects.  Clean up – all supplies need to be put away at the end of each period. |
| Class work | 20% | Every assignment, no matter how small or large, is graded. Ex. worksheets, questions, homework |
| Participation | 20% | **Daily participation is required.**   * Being prepared – having a writing utensil and binder * Being on time or having a pass when tardy * Paying attention to teacher instruction * Completed own assignment and did not copy * Behavior and/or language were appropriate or acceptable   Electronic devices were not being used, unless for class activity. |