



# Nutrition I & II

2016-2017

Mrs. Sara White

swhite@stanberryschools.org

School phone number:

660-783-2136



**Course Level:**

Grades 11-12

**Length of Course:**

Semester

**Prerequisites:**

None

**Course Description:** This course is designed to educate students about the influences of food in their lives.

Topics that will also be explored include

- 6 essential nutrients
- Overall nutrition and wellness
- Kitchen safety
- Food Borne Illnesses
- Cultural influences of food
- Cake Decorating
- Techniques in food preparation
- Planning and budgeting Menus

Many of the topics (not all) include a corresponding lab that allows hands-on experience in the kitchen.

**Classroom Policies:**

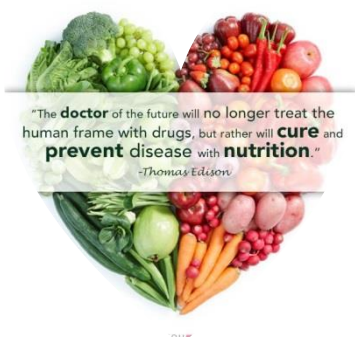
Students are expected to be in their seats when the bell rings and ready to begin class.

Students will participate in all learning activities and abide by the rules set forth in the student handbook.

## Supplies Needed of Students:

Even though we will be utilizing our new Chromebooks as much as possible, students will still need a writing utensil and notebook paper for a few assignments and notes.

During lab days, any student with long hair will be required to tie it back or will be asked to wear a hairnet. Closed-toe shoes are recommended for lab days.



**Text:** Bennett, S., Britt-Miller, Yvonne, et.al. Food for Today. Glencoe McGraw-Hill. 2010.

**Supplements/Resources:** Supplemental texts, pamphlets, guest speakers, Internet.



**FAMILY & CONSUMER SCIENCES**

### Student Absences:

If a student knows in advance that he/she will be absent, it is the student's responsibility to notify the teacher and get assignments. If a test is to be given on the day of the planned absence, the student needs to schedule a time before or after school to make up the test, if possible. Many of the daily writing prompts (bell ringers), class activities, and homework will be able to be accessed by students via Google Classroom.

**Daily Assignments:** Daily assignments will include various points including writing prompts, participation points, worksheets, and other in-class projects.

**Tests/Quizzes:** There will be chapter tests in this course. Students will also be given quizzes periodically that may be announced or unannounced.

**Projects/Labs:** Projects and labs will be assigned throughout the class to practice and apply knowledge learned. Missed labs may have an alternative assignment. Labs are a privilege, not a right. Attitude and behavior during each unit of study can influence said right to participate in a lab. Alternative assignments may be given to students who have missing work, multiple tardies/absences, or have caused distractions due to behavior. Due to the nature of working in a kitchen, with sharp tools and hot surfaces, proper behavior and the following of lab procedures is of the highest concern. Improper conduct will be subject to a loss of daily participation points AND a loss of points within the lab itself.

### Grading Scale:

96-100	A
90-95	A-
87-89	B+
84-86	B
80-83	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-

Check out Mrs. White's website for pictures from class and updates from the FACS

Department and FCCLA:



Or <http://goo.gl/GSwQbX>

I have read and understand the expectations of Mrs. White's Nutrition I & II class.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Please read, sign  
and return to  
Mrs. White by  
Friday, August 26