

Food and Nutrition 1

2016-2017

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Remind 101: Text 81010 with the message @bc501a5 or follow directions attached to this Website:

<http://www.whs.gcsd.k12.sc.us/?PageName=TeacherPage&Page=1&StaffID=252642&iSection=Teachers&CorrespondingID=252642>

Ever curious about what Ms. Hossa cooks and/or eats outside of school? Or how about that garden she is always talking about? Well here is your chance to get an inside look...Follow her on Instagram...ms_hossa_cooks86

Course Materials:

- Textbook: Food for Today (An assigned copy will be kept in the classroom)
- 3 ring binder (One will be provided for you and kept in the classroom)
- Page (Tab) dividers
- Hair ties-Hair must be up on lab days!
- Closed toed shoes for lab days (You may keep a pair in the shoe holder in the classroom)

Course Expectations

- Door Closed...Butts Down
- One Speaker
- No Food! Yes, I know you are in a foods room but it is not the cafeteria and it is not lunch
- No tech toys-These will be collected at the start of each class
- Head Up...Eyes Open
- Act Right-No swearing

Consequences

- 1st Offense: Warning
- 2nd Offense: Call Home
- 3rd Offense: Referral
- All serious offenses will be handled with a referral

Tardy Policy

- Tardiness will be handled according to WHS policy. Once the door is closed the student will be sent to ISS.

Cell Phones

- Cell phones will be collected at the start of class and returned at the end of class. If a phone goes off and was not turned in, it will be turned into the front office.
- If needed, a charging station is available. Just ask as it will be first come first serve.

Hall Pass

- You will receive 6 hall passes each quarter (every 9 weeks). Once you have used your passes, PLEASE DO NOT ASK TO BE EXCUSED AGAIN. At the end of every quarter you will be able to redeem your unused hall passes for extra credit. You may use your hall passes during individual work time. Please do not ask to use it during lecture. If found wondering or somewhere you are not supposed to be you will lose your remaining passes. You are responsible for your passes so do not lose them as they will not be replaced.

Late Work and Absent Work Policy

- Any materials handed out during an absence will be placed in the absence folder with the student's name on it. It is **YOUR** responsibility to ask for your missing assignment or get it from the folder.
- Assignments handed out before an absence will be due the first day back to class.
- Assignments handed out during an absence will be due within **3** days.
- For each day late, the assignment will be reduced by 10%.
- Tests/quizzes must be made up within 5 days or it will be a zero in the gradebook.

2nd Chance Policy

- Students who earn less than 85% on a major assessment (quiz, test, or project) will be given the opportunity to retake the said assessment for half of their points back up to an 85%.
- 2nd chances must be completed within 7 days of the original due/test date.

Lab Expectations

- Cooking labs are a privilege! Any misbehavior or non-participation will result in a lower grade or a zero for that lab. Please treat the equipment with respect as if it was your own kitchen.
- Cooking labs can be taken away at any time due to misbehavior. This can be done on an individual basis or for the whole class.
- Further lab expectations and a kitchen contract will be handed out as the students start to cook.

Extra Credit

- Extra Credit will be offered throughout the year. The majority of extra credit will be in the form of choosing a recipe and preparing it for your family. A copy of the recipe, a completed parent sheet, and a sample will need to be turned in. Sheets can be found on the website. **2 recipes may be turned in each unit.**

Final Exam Exemption

- Must have a cumulative average of 90% or higher
- No more than 10 unexcused absences for the year

Tentative Grading Policy

- Homework/Classwork.....25%
- Quizzes/Tests.....25%
- Projects.....25%
- Recipe Box/Labs.....25%

Grading Scale (NEW 10 POINT SCALE)

- A.....90-100
- B.....80-89
- C.....70-79
- D.....60-69
- F.....59 and below

*A traditional test will be given at the end of each unit

*Quizzes will be given throughout each unit to assess understanding as needed

*Applied assessments will be given while working in the kitchens

Topics to be covered (Tentative Schedule. Please be patient)

Unit 1: Safety and Sanitation

Chapter 20: Food Safety and Storage

❖ FBI project

Chapter 21: Preventing Kitchen Accidents

❖ Food Safety Posters

Unit 2: Getting Started in the Kitchen

Chapter 22: Equipping the Kitchen

Chapter 24: Using Recipes

Chapter 25: Preparation Techniques

Chapter 26: Cooking Methods

Chapter 27: Developing a Work Plan

Unit 3: Food in Your Life

Chapter 1: The Amazing World of Food

Chapter 2: Diversity at the Table

❖ Family Foods Project

Chapter 3: The Food Supply

Chapter 4: Food Science and Technology

❖ Video: Food Inc.

Unit 4: Nutrition

Chapter 5: Nutrients at Work

Chapter 6-9: The Nutrients

❖ Nutrient Projects

❖ Video: Flow

Chapter 10: Nutrition Guidelines

Chapter 11: Keeping a Healthy Weight

Chapter 12: Health Challenges

❖ Video: Fed Up

Unit 5: Food Decisions

Chapter 14: Eating Patterns

Chapter 15: Vegetarian Choices

Chapter 16: Meal Planning

❖ Video: SuperSize Me

Chapter 17: Shopping for Food

Chapter 18: Serving Food

Unit 6: Food Preparation

Chapter 32: Grain Products

Chapter 33: Legumes, Nuts, and Seeds

Unit 7: Food Preparation

Chapter 30: Fruits

Chapter 31: Vegetables

❖ Video: Ratatouille

Unit 8: Food Preparation

Chapter 34: Dairy Products

Chapter 35: Eggs

Classroom Expectations

Follow ALL classroom rules-The FIRST time

When you enter the classroom:

1. If the tardy bell has rang AND the door is closed...go to ISS. If you have a pass then knock on the door.
2. Retrieve your binder from your class's crate.
3. Sit in you assigned seat.
4. Make sure you have a writing utensil.
5. Complete the Bell Work and follow any instructions on the boards.
6. If absent the day before, ask for make-up work

When you leave the classroom:

1. Do not line up at the door before the bell rings
2. Make sure ALL of your materials have been put away. Do not leave anything out on the tables or out of your sewing machine cabinet.
3. Make sure chairs have been pushed in and sewing machine cabinets closed.

Off Limit Areas
(Unless given permission)



Binder Expectations

- ✓ Binders will be kept in class in the appropriate crate.
- ✓ Do not damage your binder (You will be responsible for providing a new one)
- ✓ Keep up with your work. Use your table of contents to help stay organized. Everything you do in class should be in this binder. The only exception is your lab plan sheets.
- ✓ If it is not on the table of contents it WILL NOT be graded.
- ✓ Binders will be graded every 1 or 2 weeks. We will review the table of contents before they are collected for grading.
- ✓ If you notice an error or have any questions on your grade, you have the week to bring it to my attention.
- ✓ Keeping up with your binder means you will be able to use it on your quizzes. Tests will be closed note.