

Welcome To Foods & Nutrition II

Instructor: Mrs. Hansen
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Room: C-17

COURSE GOALS:

1. Kitchen Management, Safety, and Sanitation
2. Apply the dietary guidelines and "ChooseMyPlate" in food selection
3. List needs and health concerns related to nutrition throughout the life cycle.
4. Plan and prepare 2 meals using meal management guidelines
5. Demonstrate food preparation techniques of salads, soups, casseroles, breads, meats, poultry, and pastries.
6. Practice consumerism skills related to food.

HAPPY PEOPLE ARE FUN TO TEACH!

1. I love to teach students who know how to demonstrate respect.
2. When I'm talking you should not be talking to your friend or figuring out how to text your friend without me catching you.
3. Cell-phones will be taken away if I see them and given to the office.

HALL PASSES ARE NICE

- a. Each student will be given 2 hall passes at the beginning of each quarter when this document is returned with a parent signature.
- b. A hall pass can be used with my permission. When all the hall passes are used up, so are the extra privileges.
- c. At the end of each quarter, unused hall pass can be turned in for extra credit. (5 points each)

ATTENDANCE:

1. Springville High School attendance and tardy policy will be followed
2. Students arriving more than 30 minutes late on lab days will not be allowed to participate in the lab and will need to make the lab up at home.

GRADING

1. Grading is based on percentage points given for Daily Quizzes (10%), Labs (35%), Assignments (35%) and Tests (20%). Assignments, quizzes, projects, reviews, participation points and tests are added together for a total grade.

Grade Breakdown:

93-100%	A	80-82%	B-	66-69%	D+
90-93%	A-	76-79%	C+	63-65%	D
86-89%	B+	73-75%	C	60-62%	D-
83-85%	B	70-72%	C-	Below 60%	F

2. Students and parents are responsible to regularly check grades on-line.
3. This class requires group participation and cooperation (especially in labs). You grade will be partially based on participation and attitude because of this.
4. Participation points cannot be made up for tardies or unexcused absences

ASSIGNMENTS AND HOMEWORK

****I LOVE DUE DATES AND PREPARED STUDENTS**

1. All assignments and projects are due on the due date.
2. If your assignment is not all the way complete hand in what is done. It is better to receive some points than none at all.
3. You will never receive full credit on late work ☺
4. There will be no make-up work for unexcused absences.
5. An excused absence may be made up. It is the student's responsibility to get missed work when they are absent. This needs to be done before or after school, or during the last 5 minutes of class the day they return to class. **ALL MISSED LABS MUST BE MADE UP AT HOME.** Students must bring a small sample of the food made or a picture with the food and the student (either on a phone or by e-mail) and a note from a parent saying they made the food. **No credit will be given without a sample/picture and a note. The Lab must be made up within a two week time period of being absent!**

LAB RULES & EXPECTATIONS

1. Absolutely no food or water fights, snapping towels, inappropriate disposal of food, or any other inappropriate behavior. Any such behavior will result in loss of ALL points for the day and disciplinary action as needed. Lab will have to be made up at home.
2. You must stay and work in your assigned kitchen with those who are there. Group cooperation is vital!
3. Your kitchen must be clean and checked out before you are excused to leave class. Leaving before your unit is clean and checked out will result in 0 lab points for the day!
4. Kitchen equipment and utensils may only be used for their intended purpose.
5. When you are eating, you are expected to SIT at the table with your group and use appropriate manners. Sitting on the counters will result in a 5 point deduction.
6. Respect the labs and the equipment. You break it, you buy it.
7. Put dirty towels and wash clothes in labeled basket. Hang up aprons if they are not dirty. Put dirty ones in labeled basket.
 1. Food labs are a privilege. ONE bad choice and you will lose your privilege for 2 weeks.
 2. Food labs are worth 30 points toward your grade.
 - a. 10 points for completing your assigned job.
 - b. 10 points for wearing an apron, washing hands and tying hair back.
 - c. 10 points for sampling the food.

QUIZZES AND TESTS

1. A daily review quiz will be given the first 3-5 minutes of class on the Bell Ringer cards.
2. All testing will be done in class. If a student is gone the day of a test a time must be scheduled, not during class, to make up the test within 2 class periods.

We have read this disclosure for Foods 2, understand it, and have a copy of it to reference.

Student Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Email(s)
Number(s)

Parent/Guardian Phone

***Only used to communicate your students' progress**

Student Printed Name

Class Period

My student is allergic to the following foods: _____