Food and Nutrition I FN41 Syllabus Mrs. Angie Burgess

Fall 2019 Room E100



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**Canvas: <https://ucps.instructure.com/courses/123356>**

This course examines the nutritional needs of the individual. Emphasis is placed on fundamentals of food production, kitchen and meal management, food groups and their preparation, and time and resource management. The knowledge gained by studying your nutritional needs will help student awareness in regards to personal food choices and physical activity. English language arts, mathematics, science and social studies are reinforced. Foods I is a prerequisite to Intro to Culinary Arts Honors.

**Articulation Credit in FCS Courses**

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| **High School** | **Community College Credit** |
| **Foods I and Foods II Enterprise** | **CUL 112 Nutrition for Food Service** |
| **Foods II Enterprise OR Intro to Culinary Arts & Hosp AND ServSafe Certification** | **CUL 112 Nutrition for Food Service & CUL 110A Sanitation & Safety Lab** |

**Family, Career and Community Leaders of America (FCCLA)** is a club that you can join by taking this class. The club is involved in community service, and leadership activities which provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences.



This class will consist of classroom discussion, note-taking, objective testing and hands-on activities in the lab. Cooking demonstrations and labs will be a weekly feature of the course and students will have the opportunity to work cooperatively within lab groups to prepare a wide variety of different foods. Classroom participation will be an integral part of the student’s grade and everyone is expected to work with each other in a cooperative, helpful manner to make for an enjoyable group experience.

**Grading:**

Tests (6 Objectives) 40%

Labs/projects 20%

Quizzes (bell ringer quizzes, notebook checks; etc.) 20%

Class work (assignments in notebook graded for accuracy) 20%

Total **100%**

* **VOCATS Final exam 25% of final grade**

**Tests** will be given after each objective. Most objectives will have two or three standards. All questions are available on the canvas website under the heading Objective Tests. You may study ahead of time using this resource. There will also be common assessments periodically. The VoCATS test is a standardized test given at the end of the semester on exam days and counts **25%** of your overall grade. There are **no** exemptions for this End of Course exam. Students with accommodations may receive read aloud and extended time on tests.

**Labs** will take place on Thursdays and Fridays if it is a regular school week. Labs on Friday will be evaluated and recorded as a lab grade. If you are absent, you are expected to make-up the lab by doing the alternate assignment. This is located on my canvas page listed above or posted on the bulletin board in my room. There are no surprise labs. If you smell food or see food out that does not mean we are cooking today.

**Notebook Component~Classwork/Homework**

Students will be responsible for keeping all classwork in an **interactive notebook**. These notebooks will be provided for each student. Classwork is assigned daily. It is expected to be completed in the time allotted for class and must be your own work. Please make sure to check my canvas page or communicate with me regarding work when you are absent. We will organize the notebook with class notes and assignments. It is mandatory to have your organized notebook each day in class. A lost notebook is the student’s responsibility to replace. It is also their responsibility to replace all work that was in the missing notebook. A sample notebook will be available for students to reference if they are absent.

**Bellringers-**Each class block will begin with a bell ringer. The bell ringer is a vocabulary word that is related to the unit of study. Bell ringer quizzes will be given after each unit. It is the student’s responsibility to retrieve these if you are absent.

**Supplies REQUIRED for class:**

You will need to bring the following supplies per kitchen group:

1. 10 Elmer’s disappearing purple glue sticks/student- for your interactive notebook. (Note: You will be provided with the notebook)
2. Dawn dish detergent- one bottle/student
3. Paper plates, cups, forks, spoons (Mandatory)-only used for your kitchen groups.
4. Hair restraints (Mandatory~ this can include a baseball hat)
5. Aluminum foil, saran wrap, plastic bowls to take left overs will be optional. There are many times students want to take their leftovers home. Please plan accordingly and bring needed supplies.

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|  |  | **Food & Nutrition I FN41** |
| **Objective** | **1** | **Understand the relationship between food choices and health.** |
| standard | 1.01 | Remember influences on food choices. |
|  | 1.02 | Understand guidelines for healthful food preparation. |
| **Objective** | **2** | **Understand methods for food preparation** |
| Standard | 2.01 | Understand kitchen safety. |
|  | 2.02 | Understand safe food handling procedures. |
|  | 2.03 | Remember equipment and procedures for its use and care. |
|  | 2.04 | Remembering measuring, cutting/preparation, mixing, and cooking/cleaning terms. |
|  | 2.05 | Remember recipe parts, sources and adjustments. |
|  | 2.06 | Understand processes and benefits of a work plan and teamwork for preparing healthy foods. |
| **Objective** | **3** | **Understand procedures, equipment and cooking methods in food preparation.** |
| Standard | 3.01 | Understand the procedures, equipment and cooking methods in fruit and vegetable preparation. |
|  | 3.02 | Understand the procedures, equipment and cooking methods in dairy preparation. |
|  | 3.03 | Understand the procedures, equipment and cooking methods in grain preparation. |
|  | 3.04 | Understand the procedures, equipment and cooking methods in protein preparation. |
| **Objective** | **4** | **Understand procedures, equipment and techniques applied to baking production.** |
| Standard | 4.01 | Understand procedures to prepare quick bread products. |
|  | 4.02 | Understand procedures to prepare yeast bread products. |
| **Objective** | **5** | **Understand the principles of etiquette for meal service.** |
|  | 5.01 | Understand the principles of basic table setting and meal service. |
|  | 5.02 | Understand the principles of table manners. |
| **Objective** | **6** | **Apply methods for meal planning and preparation.** |
|  | 6.01 | Understand strategies in meal planning. |
|  | 6.02 | Understand strategies for purchasing food. |
|  | 6.03 | Apply methods to prepare healthy meals. |

**NEW~Interactive Notebooks**

**The purpose of the interactive notebook is to:**

* Organize notes, class work, and homework
* Involve students in “making sense” of their notes
* Develop visual aids for learning
* Teach students different approaches to learning that will prepare them for success in high school and college.

**Materials Needed:**

* Spiral notebook-(school will supply)
* Glue sticks-Elmer’s or 3 M only!
* Scissors (I have)
* Highlighters
* Pen/pencils

**Notebook Organization**

|  |  |
| --- | --- |
| **Left Side-**  **Student Process Information** | **Right Side-**  **Teacher Provides Information** |
| The left side belongs to you!  These assignments will ask you to present the information we process in class in a new and meaningful way. | The right side belongs to me   * Notes * Handouts * Other assignments |

**Friendly Reminders:**

* Make sure assignments are completed on the **correct page-**I will not search for your assignment
* Update your Table of Contents each day!
* Use color! The notebook is a visual study tool!
* Your notebook needs to be in class **every** day if it is be useful-return it in your box at the **end of class!**
* Notebooks will be graded once/week. This will usually be Thursdays and Fridays. Make sure all assignments are up to date!