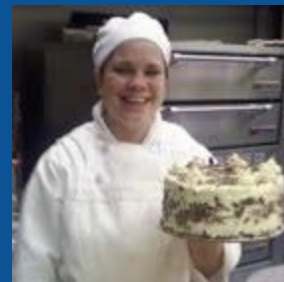


FOODS AND NUTRITION I SYLLABUS



Mrs. Stefanie Carnathan

Education

Seton Hill University
Greensburg, Pennsylvania

*Bachelor of Science in Family and
Consumer Sciences Education*

Westmoreland County Community College
Youngwood, Pennsylvania

*Associate of Applied Science in Dietetic
Technology and Nutritional Services
Management*

*Associate of Applied Science in
Culinary Arts*

Contact Information

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Phone: (704) 296-0105

Office Hours: By appointment only (virtual)



Course Overview and Requirements

Prerequisites: None

Required Texts: *Guide to Good Food* and *Culinary Essentials*

Course Description: Foods and Nutrition I is an introductory course exploring safety, sanitation, basic cooking and baking techniques, and nutrition.

Course Supply List Requirements: 3-ring binder or folder

Requirements and Expectations: Students will be responsible for checking Canvas daily. Students are expected to complete assignments on time, be organized, and be respectful during video conferences and chat as well as face-to-face learning. Active participation, attendance/punctuality, a strong work ethic, and the ability to follow safety and sanitation guidelines will be expected for this course.

Grading, Due Dates and Late Work: Grades are based on a weighted grading system that will include homework assignments, unit tests and quizzes, projects, and labs. All assignments will have a required submission due date and time. If you are unable to complete an assignment on time, please email me. In order to participate in the lab, all assignments must be turned in prior to the weekly lab. An alternate assignment will be given for those who are unable to participate.

Grading	Homework Assignments	60%
A = 90-100	Tests and Quizzes	20%
B = 80-89	Foods Lab or Virtual Assignment	10%
C = 70-79	Projects	10%
D = 60-69		
F = 0-59	Total:	100%

Topics Covered in Foods and Nutrition I: A course outline is posted on my Canvas page with detailed information on the topics discussed throughout this course. Some examples of topics include: kitchen safety and sanitation, basic cooking techniques and methods, equipment, basic culinary math, food groups, meal planning, food choices, healthy food preparation, nutrition, and selecting food.

Synchronous and Asynchronous Learning: Students are responsible for his or her learning experience whether the student is in the classroom face-to-face or learning remotely. Announcements will be sent out each morning with links for the daily lesson. Remote students should follow the links provided to join in with the class.

Parents: [Click Here](#) for directions on how to become an Observer in the Canvas Course for this class.