Syllabus/Kitchen Lab Rules

***Food Science & Nutrition Pathway***

|  |  |  |  |
| --- | --- | --- | --- |
| **Instructor**  **Room #** | Mrs. Brooks  104 | **E-mail**  **Phone #** | brookti@boe.richmond.k12.ga.us  706-760-4148 |

Planning Period: 6th period from 12:30- 1:15pm

Course Description:

**Food, Nutrition and Wellness** is the foundational course in the nutrition and food science pathway. The focus of the course is centered on healthy food and lifestyle choices. Students will explore kitchen sanitation methods to include cross contamination, proper storage, and hygiene techniques.  Students will also investigate the interrelationship of food, nutrition and wellness to promote good health.

**Food for Life** is an advanced course in food and nutrition that addresses the variation in nutritional needs at specific stages of the human life cycle: lactation, infancy, childhood, adolescence, and adulthood including elderly. The most common nutritional concerns, their relationship to food choices and health status and strategies to enhance well-being at each stage of the lifecycle are emphasized.

**Food Science** integrates many branches of science and relies on the application of the rapid advances in technology to expand and improve the food supply. Students will evaluate the effects of processing, preparation, and storage on the quality, safety, wholesomeness, and nutritive value of foods. Building on information learned in Nutrition and Wellness and Chemistry, this course illustrates scientific principles in an applied context, exposing students to the wonders of the scientific world.

**Students** **are highly encouraged** **to participate in FCCLA Organization**

FCCLA is a national school organization that focuses on building leaders through competitive events, community service, & conferences that directly aligned with course standards.

**Grading**

**Richmond County School System Grading:**

**A** = 90% - 100%   **B** = 89% - 80%**C** = 79% - 75%**D** = 74% - 70%**F** =69% - 60%

**Course** **weights are as follows:**

**Minor 60% (labs, class assignments, bell ringers, quizzes)**

**Major 40% (Projects/Test) Final Exam 10%**

**Tutoring** is NOT offered. Accommodations in class are made based on student needs.

**Grade Recovery** given with exceptions and prompt communication from parent with valid reason.

**Late Work Policy** All missed assignments have a grace period of 3 days after the due date.

**Make up Wor**k due 5 days within returning from illness, death in family and /or accident.

**Class Detention** is offered on Monday and Thursday of every week from 2:20- 3:00pm. Parents will be notified in advance. If not present for detention, immediately assignment to ISS.

**MATERIALS NEEDED FOR CLASS**    RCSS Laptop paper pen/pencil

**Classroom Non- negotiables**

**No phones visible during instructional time     No Cursing/ Vogue language**

**No sitting on table     No sleeping**

* ON TIME
* IN YOUR SEAT WHEN THE TARDY BELL RING
* BRING ALL MATERIALS NEEDED FOR CLASS.
* STAY ON TASK
* FOLLOW DIRECTIONS
* COMPLETE ASSIGNED WORK
* PARTICIPATE IN CLASS DISCUSSIONS/ACTIVITIES.
* RESPECT YOURSELF, YOUR CLASSMATES, YOUR TEACHER, AND YOUR CLASSROOM
* KEEP HANDS, FEET, AND OBJECTS TO YOURSELF TO INCLUDE PROFANITY, BULLYING AND FIGHTING.

**Consequences of Misbehavior**

* Verbal Warning
* Parent Contact
* Detention
* Office Referral

(\*\*NOTE: ***Depending on frequency and/or severity of issue, these may not be in sequential order and the teacher reserves the right to immediately refer a student to the office***.)

**Class Learning Objectives**

There are 3 courses with different and more advances learning as students advance from Food Nutrition to Foods Science pathway. The following learning objectives are learned across all classes.

1. HUM-FNW-1 Demonstrate employability skills required by business and industry
2. HUM-FNW-7 Analyze food safety and sanitation practices from production to consumption
3. HUM-FNW-4  
   Evaluate nutritional information in relation to wellness for individuals and families.
4. HUM-FNW-2  
   Examine how related student organizations are integral parts of career and technology  
   education courses through leadership development, school and community service projects,  
   and competitive events.

**The teacher reserves the right to alter this syllabus at any time during the course**

**KITCHEN LAB RULES**

1. Wash your hands thoroughly and properly before, during, and after each lab.
2. Use paper towels to dry your hands, not kitchen towels.
3. Use sanitary procedures at all times.
4. Use utensils and equipment properly.
5. Dishes will always be washed properly, dried and put away
6. Clean up all spills/messes immediately.
7. Use towels for washing and drying dishes ONLY, not for any horsing around!!!!
8. Place used towels and dish rags into the washer when finished with them each lab.
9. Wipe off all prep areas with sanitizer water provided in the sanitizer bucket.
10. Clean your stove with stove cleaner and dish rag or green scrubbie every single time you cook.
11. Never sit on my prep tables or desks
12. Cooperate with your group members. Learn to work together, to share work, and to help others.
13. Do **NOT** take your phone into your kitchen area with you. Points will be deducted any time I find you on your phone when you are “in” a lab.

Date\_\_\_\_\_\_\_\_\_\_\_\_ your #: \_\_\_\_\_\_\_\_\_\_\_\_ parent #: \_\_\_\_\_\_\_\_\_\_\_\_

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

Parent Print & Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_