

Foods & Nutrition I

Disclosure

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Office Hours:
2:15 – 3:15 M – F
Intervention on Fridays, 7 am

Course Description:

This course is designed for students who are interested in understanding the principles of nutrition and in maintaining a healthy life style. Attention will be given to the selection and preparation of food and personal health and well-being.

Through out this course students will:

1. Consistently Demonstrate kitchen safety procedures and sanitation techniques
2. Apply the skills of kitchen equipment and managment
3. Identify the sources and functions of carbohydrates and fiber and apply appropriate food preparation techniques.
4. Identify the sources and functions of proteins and lipids (fats & oils) and apply appropriate food preparation techniques.
5. Identify the sources and functions of select vitamins, minerals and water and apply appropriate food preparation techniques to foods high in these nutrients.
6. Explore the current Dietary Guidelines & ChooseMyPlate.gov

Below is a list **PERFORMANCE OBJECTIVE'S**. in order to recieve a compantacy certificate you will need to demonstrate/complete all of these.

1. Complete FCCLA Step One
2. Consistently demonstrate preventative practices related to kitchen safety and sanitation procedures
3. Complete food and kitchen safety training comparable to that required for the ServSafe Food handler Certiicate, with the option to acquire a Food Handler Permit from the county health department through the Utah Restaurant Association.
4. Consistently demonstrate proper measuring and preparation techniques while preparing a recipe.
5. Actively participate in the preparation of a complex carbohydrate food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch.
6. Actively participate in the preparation of a complete and/or complimentary protein food from scratch. Compare the nutritional content and cost of a comparable convenience food vs. the complete and/or complimentary food from scratch.
7. Actively participate in the preparation of a low-fat food. Compare the nutritional content and cost of a comparable high-fat food vs. the low-fat food.
8. Actively participate in the preparation of a canned/frozen and/or fresh produce food. Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food.
9. Evaluate and analyze a personal dietary intake for one or more days according to the dietary guidelines and MyPlate.

Class Fees:

A **\$20.00 lab fee** must be paid for each semester a foods class is taken. This will cover some of the cost of food used for labs and minor equipment damage. This fee **MUST** be paid at the business office by the end of the first week of the semester. Due date _____

Optional: **Food handlers permit** is available for a discounted price if you are able to pass the test and pay \$_____ to the business office by _____.

(Failure to pay the fee by the deadline will result in NO food handlers permit.)

Grading Procedures:

Assignments, quizzes, projects, tests, participation, and behavior will be given point values that will be totaled at the end of the term and converted into a percentage. Grades will be determined by the following percentage scale:

94–100%	A	77-79%	C+
90-93%	A-	73-76%	C
87-89%	B+	70-72%	C-
83-86%	B	60-69%	D
80-82%	B-	under 59%	F

Attendance & Citizenship:

Please refer to the Provo High School attendance and discipline policies in the student handbook. Because of the nature of the class, unexcused absences or tardies **cannot** be made up with the teacher. If more than 10 minutes late, you will be marked absent.

Assignments and Homework:

1. Assignments not turned in on the due date will lose 50% of the scored points. If you have an excused absence the day the assignment is due, it may be turned in the following class period for full credit. Late assignments will only be accepted up to two weeks after the due date.
2. Lab sheets **MUST** be filled out completely on the day of the lab (worth 50 points). Blank spaces mean loss of points.
3. No points for just washing dishes. Everyone needs to share in the food preparation and clean up.
4. **Dirty labs** reported by the next class period will be **docked 25 points** per person in the lab.
5. Cooperation with your group will ensure a fun time in this class.
6. **Extra Credit** can be earned by cooking at home. You can cook at home and earn 25 points of extra credit for each item you cook, for a maximum of 100 points. Extra Credit can only raise your grade **1/2 STEP** (i.e. B+ to A-). You must fill out a home lab sheet and include a **sample** to receive full points. Extra credit will not be accepted the last week of the term.
7. You can expect to have a cooking lab 1-2 days per week.

8. State Competency Final will be given during the last 10 days of the semester. This test is required as part of your final grade. It cannot be made up. If you have a conflict, you must make prior arrangements with the instructor.

Class Behavior:

1. Be on time and prepared for class with necessary materials. (Pencil pen, paper, notebook or binder, and a Good Attitude.)
2. Care and respect for other class members and the lab equipment is expected!! ***If you break it, you buy it!!***
3. No electronic devices that interfere with learning!! ***If I see them, I own them for the duration of the class period!***
4. No food or drink in the classroom on non-lab days.
5. If you leave the classroom without permission from the teacher, you will receive a violation.
6. Students with long hair, please be prepared to tie your hair back on lab days.

Failure to return the back of this form signed by you and your parents implies acceptance!

Parents,

Please read through the attached sheet, then sign and return this page with your student. Attach a receipt or copy of fee waiver along with your signatures. Thank-you.

My Student has the following health problems or allergies which the teacher should be aware of. Please list any other concerns:

I have reviewed this disclosure document, and I understand the expectations outlined for this class. I agree to abide by the expectations outlined.

Failure to return the back of this form signed by you and your parents implies acceptance!

Print Student's Name

Signature of Student and Date

Print Parent's Name

Signature of Parent and Date

Foods & Nutrition I Acceptance Form