

Foods & Nutrition 2

Disclosure

Mrs. Diane Cluff
Room E1-4
801-373-6550 ext. 3393
Email: dianec@provo.edu

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

Course Description:

This course is designed to focus on principles of food preparation, sports nutrition, consumerism, and career options in the food industry. The study and application of nutrition, sanitation, food sciences and technology in this course provides students with laboratory-based experiences that will strengthen their comprehension of concepts and standards outlined in Science, Technology, Engineering and Math (STEM) education. FCCLA may be an integral part of this course.

Through out this course students will:

1. Review and apply the skills of kitchen management, safety and sanitation.
2. Demonstrate food preparation techniques and nutrition of yeast breads.
3. Apply budgeting and consumerism skills to manage food costs.
4. Demonstrate food preparation techniques and nutrition of meats poultry and seafood.
5. Apply proper procedures for knives and knife cuts.
6. Demonstrate food preparation techniques and nutrition of salads.
7. Explore health concerns incorporation guidelines from MyPlate and current dietary guidelines throughout the life span.
8. Demonstrate food preparation and nutrition of soups and sauces.
9. Identify and apply the elements of meal planning,, meal management and meal service.
10. Demonstrate food preparation techniques and nutrition of pies/tarts.
11. Discuss career options and employment skills required in the food service industry.

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

1. Complete FCCLA Step One
2. Consistently demonstrate appropriate food safety and sanitation procedures.
3. Consistently demonstrates proper mise en place and clean up.
4. Adjust a 4 serving recipe to yield 2, 8 and 16.
5. Actively participate in the preparation of yeast bread product using a scale.
6. Actively participate in the preparation of meat, poultry, or seafood and use a thermometer to confirm the product has been heated to the proper internal temperature.
7. Set up a knife work station correctly and demonstrate 4 of the 6 knife cuts.
8. Actively participate in the preparation of a salad.
9. Actively participate in the preparation of a food product consumed before, during, or after a sporting event/exercise.
10. Actively participate in the preparation of a mother sauce. Incorporate a mother sauce. Incorporate a mother sauce into a cream soup.
11. Plan, prepare and evaluate one meal using meal planning elements.
12. Actively participate in the preparation of a pie or tart.
13. Research a career in the food service industry using multiple sources (personal interview, internet, utahfutures.org, www.bls.org, and periodicals)and present your findings. (Standard 11)

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 2 Acceptance Form