

Foods and Nutrition I

Credit - ½

Terms - 1 semester



Text- Food for Today 2010

Prerequisite- none

Description- This course includes basic classroom and lab experiences needed to develop knowledge and understanding of basic food principals and applies nutrition for people of all ages.

Course Content:

1. Kitchen and equipment terms
2. Nutrition (choosemyplate.org)
3. Milk and dairy products
4. Eggs
5. Quick breads and grains
6. Fruits and vegetables
7. Foods and technology (soy, gluten free, etc...)

Format: Lecture, discussion, daily homework, and hands-on/lab experiences

Expectations: Students are expected to participate in all lab situations and be a contributing member of their group. Regular attendance is strongly encouraged due to the difficulty of making up lab work. When students select their recipes, they are expected to eat what they prepare.

Objectives:

1. Plan nutritious meals for regular daily diet to meet USDA's standards
2. Evaluate his/her present eating habits using the USDA as a standard
3. Understand serving size
4. Develop a basic understanding of the major nutrients and function in the body.
5. Demonstrate the ability to use measuring tools accurately
6. Identify and use abbreviations, equivalents, and terms used in standard recipes.
7. Follow procedure for safety, sanitation, and storage as applicable to kitchen and dining areas.
8. Use basic principals of food selection, preparation, and storage as described in the text so as to control quality of food prepared in the lab.
9. Identify various careers and employment opportunities in the food service industry.

Grades:

The grades for this class are based on percentages. 40% is based on test grades, which also include projects and tests. The other 60% is based on daily homework assignments (30%) and labs (30%)

Grading Scale:

93-100 A

86-92 B

77-85 C

70-76 D

Below 70 F

Class Rules:

1. Respect members of the class. (Be kind with actions and words)
2. Please do not talk without permission from the teacher.
3. Profanity is not tolerated.
4. Be prepared for class. (Bring homework, pen/pencil, and book)
5. Follow the directions the first time they are given.

If a student engages in hitting, fighting, cursing, direct defiance of the teacher, or verbal or physical abuse, he or she will be sent directly to the dean's office.

Class Procedure:

1. Come to class prepared to learn everyday.
2. Assignments are due at the BEGINNING of class, unless otherwise stated. Late work is penalized 20% for each day it is late.
3. You may chew gum as long as it is disposed of properly. The privilege can be taken away if it becomes a problem. You may not EAT OR DRINK anything unless permission is granted from the teacher.
4. If time permits at the end of class, you may change seats and talk quietly to others, but you must stay seated. You may not go into the kitchens unless the teacher has given you permission.
5. Please do not bring in food or beverages.
6. Be on time to class.
7. Please place your purse or backpack on the floor when you enter the room.

Lab Make up for Foods I and Foods II

If you have missed a lab and have an excused absence, you may make up the lab by writing a 200-word essay that summarizes a current nutrition article. The article should be dated during the week you were gone. This can only be done with your first two labs that you missed. The article that you read should be attached to the essay and should be in your own words. You are responsible for making the labs up on your own time and finding the articles.

If this is your third lab(or more) that you have missed you must make up the lab after school. You will need to make up the lab by setting up a time with the teacher to make it up. You also should provide your own ingredients.

If you are in CAP or the way to make up a foods lab is by finding a nutrition article and writing a 400-word essay that summarizes the current nutrition article. The article must be attached to the summary in order to receive full credit.

If the absence is unexcused then a lab can't be made up.