

## Foods and Nutrition II

Credit- ½

Terms- 1 semester

Text: Food for Today 2010

Prerequisite: Foods and Nutrition I

Description: This class will build on knowledge gained from Foods I. Attention will be given to advanced techniques in lab sessions, recipe selections, and meal planning.

Objectives:

1. Demonstrate an understanding of proper cooking techniques through lab work during the various units of study.
2. Discuss causes and prevention of food borne illness.
3. Discuss pros and cons of convenience foods
4. Identify the nutritional value of foods studied during all the units.
5. Give guidelines for proper selection and storage of all foods studied.
6. Participate in a multicultural presentation using their own heritage and develop a lab based on the foods of that culture.
7. Prepare a formal dinner
8. Participate in a restaurant simulation

Course Content:

1. Kitchen Principles (food safety)
2. The food supply
3. Convenience Foods
4. Meat, poultry, and fish
5. Food combinations
6. Baking
7. Foods of the Worlds
8. Soups and salads
9. Special topics

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

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. You will be penalized 20% for each day the assignment 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.
4. You may not EAT OR DRINK anything in class unless permission from the teacher is given.
5. If time permits at the end of class, you may change seats and talk quietly to others, but you must stay seated.
6. Be on time to class.
7. Purses and backpacks are to be placed on the floor when you enter the classroom.

Lab make up:

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, the lab cannot be made up.