

# FOODS & Nutrition

## MS. BRADSHAW

Classroom 1206

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## COURSE FEE

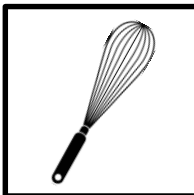
This course has a \$15.00 fee attached. Please pay in the office.

## NEEDED SUPPLIES

Besides coming to class with a good attitude, students are expected to be prepared each day with a pen/pencil along with their Unit Packet.

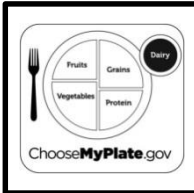
## COURSE DESCRIPTION

Food & Nutrition 1 is designed for students who are interested in understanding principles of nutrition and in maintaining a healthy life style. Attention will be given to the selection and preparation of food as well as personal health and well-being. We will learn and prepare foods in the following subjects:



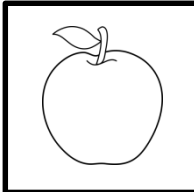
## COOKING BASICS

Students will learn the basic skills needed to run a safe and sanitary kitchen.



## MYPLATE

Students will explore healthy eating through MyPlate and the Dietary Guidelines. Emphasis on health will continue throughout the class.



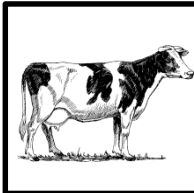
## VITAMINS, MINERALS & WATER

Students will be introduced to the non-energy producing nutrients: vitamins, minerals and water.



## CARBOHYDRATES

Students will learn about the different types of carbohydrates as they participate in hands on labs and activities.



## PROTEIN

Students will discover the different types of protein.



## FATS & OILS

Students will participate in activities that will teach them about the different types of fats.

ALL CLASS MATERIALS  
CAN BE FOUND ONLINE  
AT MS. BRADSHAW'S  
WEBSITE!

## LATE WORK POLICY

Late work is deducted 20%.

There will be two times during each quarter that ALL late work will be due; one at midterm and the other at the end of the quarter. After these two due dates, late work will not be accepted. If you are going to be absent, you are still responsible for your own work. To make up this work, refer to my website. Lectures are available online.

## LAB MAKE-UP

If you miss a foods lab you can make this up any time for full credit. Make the same or similar recipe at home and take a picture of your finished item. Make sure your face is in the picture for credit!!



## FOOD HANDLERS PERMIT

Students have the opportunity to obtain a food handlers permit if they wish during Unit 1 of this class. In order to get one you must:

- 1) Pass the in-class test with 70% or higher.
- 2) Pay the \$20 fee

And that's it! You'll have your food handlers permit if you wish.

## GRADING BREAK DOWN

The school's standard grading scale will be used. The class will be made up of notes, assignments, tests, labs and participation. The following is how grades will be broken down:

**Coursework** 30%

Unit Packets, Other Assignments

**Lab Work** 30%

**Tests** 25%

Unit Tests, State Cumulative Test

**Participation** 15%

On-Task, Good Behavior, Follows Rules

## LAB PRIVILEGES

We will have cooking labs often in this class. These are a fun and exciting learning opportunities, integrated into the curriculum of the course. However, I reserve the right to excuse lab privileges for a student if they do not follow lab rules. Safety and learning are my number one priority, and any behavior I deem inappropriate will result in loss of lab privileges.

**If a student has an F, they could be prohibited from lab privileges until they bring their grade up.**

**Please list any allergies your child has here:**

I hope you will enjoy this course and develop a love for cooking! It is a fun and valuable program. I am excited to be working with you!

Student Name

Parent Signature

Date