

NUTRITION & WELLNESS

Course Syllabus 2009-2010

Course Description: Nutrition and Wellness is an instructional program that prepares individuals to understand the principles of nutrition; the relationship of nutrition to health and wellness; the selection, preparation and care of food; meal management to meet individual and family food needs and patterns of living; food economics and ecology; optimal use of the food dollar; understanding and promoting nutritional knowledge; and application of related math and science skills.

Instructional Philosophy: Students will be given challenging real-world projects and assignments. High quality work is expected and students will be given opportunities to redo work until it meets standards specified during instruction. Classroom activities will include reading, lab projects, and problem solving. In and outside of the classroom, students will be expected to complete individual assignments in a timely manner. Assessment methods will include written exams, tests, and quizzes; evaluation by the teacher of daily participation; lab projects and reports; and reading assignments.

Major Course Goals:

1. The student will be able to appraise influences in personal foods choices.
2. The student will be able to comprehend nutrition principles.
3. The student will be able to recognize relationships between nutrition & wellness.
4. The student will be able to manage resources to promote good health.
5. The student will be able to develop food preparation skills.
6. The student will be able to develop social competence.
7. The student will be able to influence change in environments.
8. The student will be able to research key careers.

Major Course Objectives/Benchmarked by Quarter:

First Quarter

1. The student will be able to explain how food, nutrition and the human body correlate.
2. The student will be able to describe and explain the importance of workspace, tools, and techniques of/in the kitchen.
3. The student will recognize the importance of a consumer decision in regards to shopping for food.

Second Quarter

1. The student will be able to identify ways to prepare, recognize qualities to look for, and discuss the guideline for managing the foods we eat.
2. The student will be able to describe how to use a variety of seasonings.
3. The student will be able to explain how to use your creativity in cooking.
4. The student will be able to describe ways to improve the appearance of foods with garnishes.

Required/Recommended Readings:

The student will be requested to make two reports in the area of Foods/Wellness. Suggested readings can include magazines articles (example: Better Homes and Gardens, Foods and Entertainment, Family Circle, etc.)

Major Course Projects and Instructional Activities:

Daily Work Each student will compile classroom notes and all written assignment on a daily basis to be turned into the teacher to demonstrate that they have gained a working knowledge in each area of study.

Cooking Labs During the course, students will have the opportunity to demonstrate their knowledge in food preparation through labs. On a weekly basis each student will rotate turns at being cook, assistant cook, and a part of a clean up crew. Scoring guides will be attached to each lab assignment based on their job assignment.

Course Assessment Plan:

- 60% Classroom Written Assignments & Reading Assignments
Labs & Major Projects
Pop Quizzes/Tests
- 20% Final Comprehensive Examination

Classroom Expectations: Students are expected to be on time to class. If they not, they are considered tardy. Classroom emergency procedures, such as tornado, fire, and earthquake will be discussed periodically and are posted in the classroom. When it comes to room maintenance, students will leave the room orderly. This means disposing of all trash, pushing chairs neatly under the table when they leave, taking care to maintain textbooks in good condition, reporting any textbook damage they might find, and shelving all textbooks at the end of the class period. In case of student absence, please refer to the Student Handbook regarding Make-up Work. On the subject of student discipline, please refer to the Student Handbook regarding Student Discipline Policy. Understand the feeling of others is very important at the High School level. Be respectful by keeping hands, feet, objects, and comments about others to yourself. On a closing note, teachers are here to help you learn in a number of ways. Learning common courtesy is one of those areas. So raise your hand to be recognized before speaking, be courteous by listening to others when they talk, follow directions the first time they are given, listen carefully to the announcements, and when given class time to work...use it.

Supplies and Materials Needed: Paper, pen or pencil, notebook and folder

Homework Policy and Grading Scale: Please refer to the Student Handbook for the Homework Policy. The grading scale is as follows:

A.....100-95

C.....76-73

A-.....	94-90	C-.....	72-70
B+.....	89-87	D+.....	69-67
B.....	86-83	D.....	66-63
B-.....	82-80	D-.....	62-60
C+.....	79-77	F.....	59-0

Extra Help: Please refer to the Student Handbook for the Credit Recovery Program and the P.A.S.S. Program.

Time and Place to be Reached by Parents: Parents and/or Guardians may contact Mrs. Jones, Monday thru Friday, at Central High School. The best time of the day to reach her would be between 11:00 a.m. to 11:30 a.m. by dialing 573-431-2616, extension 4149. Please e-mail me at ajones@centralr3.org Course lesson plans will be posted weekly on the Schoolnotes' website at www.centralr3.org