

## Foods One Class Syllabus

**Objective:** Students will be able to select and create meals that are healthy and tasteful.

### Topics Covered

1. Nutrition information
2. Operations Management issues
3. Baking information
4. General cooking information

### Types of Assessments:

**\*\* All will be of equal weight.**

Assignments (worksheets, activities, etc.)

Projects-Nutrition tracking

Quizzes, Tests

Cooking Labs

Final Exam will be 20 percent of your total grade

### Classroom expectations

1. Treat everyone and school property with respect. Leave property in better shape or the same as you received it.
2. No talking when I am talking.
3. Come prepared to class-bring paper, pen, etc.
4. Turn assignments in ASAP. If I give you an assignment and do not state a due date then assume the assignment is by the end of the class the following day. You are usually given time at the end of class to work on the assignment, so use that time wisely.

5. **Late assignments: 5 percent will be taken off for each day it is late. Exceptions to this rule will be up to the teachers discretion. If you are sick or miss for a school event be sure to check with me when you return or before you miss. Example for an assignment worth 100 points: Day one, 5% so if you get all parts correct you have a 95%. Day two, 10% now the maximum you can score is 90%. If an assignment is over a week late it is probably not worth turning in.**
6. **If you are absent it is your responsibility to find out what you missed.**
7. **Phones are not allowed. If you have your phone please put it in the holder. Always ask permission to get your phone.**
8. **Laptops are also not allowed unless I give permission. You will be asked to put the laptop away if I have not given you permission.**
9. **Use of computers in the classroom is a privilege, please respect the equipment and follow the district internet policy.**
10. **Restroom privileges-if you need to go ask immediately before class begins or ask at the end of class when I am finished.**
11. **Before leaving the classroom make sure your area is clean, no doodles on tables, no trash, no returned assignments. (Cleaning will be part of your grade during labs.**
12. **At the end of class, stay in your seats until the bell rings, unless you have asked permission to do otherwise.**
13. **Attendance in class is important. Most work is done in class or in groups. Participation is part of your grade.**
14. **If you want a drink during labs it needs to be purchased or brought to class ahead of class time. Purchase it or bring it before school, otherwise you will drink water.**
15. **Follow safety and sanitation guidelines. You will have to pass a test on these before you can cook in the kitchens. Playing around in the kitchens is a safety hazard and could also affect your grade. An example is snapping someone with a towel.**
16. **If you damage something in class you will be asked to replace it with a new item.**

## **Tentative Course Schedule**

**Aug. 21 Pre-Exam**

**Aug. 22-Oct. 10 Nutrition, six major nutrients**

**Quiz on Proteins, fats and carbohydrates Sept. 7**

**Start nutrition project Sept. 19, due Oct. 8**

**Test: Oct. 10**

**Oct. 11-Nov. 2 Safety and Sanitation**

**Test: Nov. 2 Have to pass this test before being allowed on the cooking labs**

**Nov. 3-14 Recipes, Measuring, Equipment, and Tools**

**Test: Nov. 14**

**Nov. 15 Prepare for cooking labs**

**Week of Nov. 26 start cooking labs**

**Muffins, biscuits, Cinnamon rolls**

**Week of Dec. 3**

**Lasagna, Italian Bread, pizza**

**Week of Dec. 10**

**Stir fry, skillet spaghetti**

**Cookies for band concerts**

**\*\*May add other cooking labs if time**

**Dec. 20 Final Exam**