

## Foods and Nutrition Two Syllabus

**Objective:** Students will learn skills to better their knowledge of basic cooking skills by incorporating herbs and spices and various cuisines into their recipes.

**Tentative topic:**

**1. Review and Pretest over the following:**

Safety and Sanitation  
Measurements and Equivalents  
Terminology  
Equipment

**2. Herbs and Spices**

Why and which one to use  
Develop a chili/soup recipe using your own ideas of herbs and spices.

**3. Presentation of foods/Dining management**

**4. Regional Cuisine Group Presentations**

The group will be assigned a region of the United States and you will write a paper on the region and present it to the class. The group will also make a recipe from that region for the entire class.

**5. International Cuisine Group Presentations**

Similar to regional presentations. The group will select an country, gather information on the country to present to class, make a worksheet for the information, and prepare a recipe from that country.

**6. Cake decorating if time**

**7. Final will be an Individual/partner presentation done ahead of time. We will also have a short written final on the day of finals.**

**\*\* You may be asked to bring a food item to complete a class project. If you agree to bring that item and do not it will affect your grade.**

### Types of Assessments:

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

Assignments (worksheets, activities, etc.)

Projects-Food Labs

Quizzes, Tests

**\*\*Semester Exam and 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.
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.

#### **Consequences for not meeting classroom expectations**

- 1<sup>st</sup> offense-Warning and/or additional work
- 2<sup>nd</sup> offense-Detention with teacher
- 3<sup>rd</sup> offense- Second detention and parental contact
- 4<sup>th</sup> offense-Referral to office.

#### **Tentative course schedule:**

Jan. 7 Pre-Exam

Jan. 8 Herbs and Spices, Garnishes, food presentation, and plating notes

**Jan. 29 Test on herbs, spices, garnishes, food presentation, and plating**

**Jan. 30-Feb. 5 Soup notes and herb and spices lab**

**Feb. 7-March 8 Regional cooking presentations, recipes, and labs**

**March 8-Apr. 3 International cooking presentations, recipes, and labs**

**Apr. 4 Introduce Final Project**

**Apr. 15 Menu writing and costing practice**

**Apr. 23 Start final projects**

**\*We will fit in napkin folding on a noon dismissal day or when we can.**

**\*\* May do Cake Decorating if we have extra time.**