

Foods One Class Syllabus

Objective: Students will be able to select and create meals that are healthy and tasteful and use proper safety and sanitation guidelines to prepare them.

Topics Covered

1. Nutrition information
2. Operations Management issues (Sanitation and Safety)
3. Baking Terms and Tools
4. General cooking Terms and Tools

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: Will NOT be accepted. Exceptions to this rule will be up to the teacher's discretion. If you are sick or miss class for a school event be sure to check with me when you return or before you miss.
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 will 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.
17. Wear masks correctly

Tentative Course Schedule

Aug. 23 Pre-Exam

Aug. 23-Oct. 8 Nutrition, six major nutrients

Test: Oct. 8

Oct. 11-Oct. 29 Safety and Sanitation

Test: Oct. 29 Have to pass this test before being allowed on the cooking labs (This may become the food handlers certification test) Nov. 4-15 Recipes, Measuring, Equipment, and Tools

Test: Nov. 12

Nov. 15 Prepare for cooking labs

Week of Nov. 29 start cooking labs

Muffins, biscuits, Cinnamon rolls

Week of Dec. 6

Lasagna, Italian Bread, pizza

Week of Dec. 13

Stir fry, skillet spaghetti

Cookies for band concerts

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

Dec. 21 Final Exam