

Family and Consumer Science Disclosure

Foods and Nutrition I

Welcome to Foods and Nutrition! This semester, we will be learning about kitchen skills, kitchen safety, MyPlate, the Dietary Guidelines for Americans, and the six basic nutrients used by the body: carbohydrates, fats, proteins, vitamins, minerals, and water. In order for our class to run smoothly, there are a few things you need to be aware of:

Supplies:

- ½ inch 3-ring binder
- Lined paper
- Pen or pencil every day
- \$20.00 fee paid to the office, this can also be paid online

Attendance:

Please be in class and on time every day. Three tardies will result in a drop in citizenship grades. Five tardies will drop citizenship again. **If a lab is missed, it must be made up at home with the student's own ingredients**, so please come to class! All recipes will be available to the students in class. Students will have three days to make up work. It is the student's responsibility to find out what work was missed. There will be a small amount of extra credit offered during the semester, but it will not be enough to replace missed assignments.

State Skills Test

As a Career and Technical Education course, there is a state skills test required in this course. The curriculum is geared toward preparation for the test, which will be given 1-2 weeks before the end of the semester. The test will be a part of the student's grade, so it is recommended that students pay attention and study to learn the material throughout the semester. We will review for the test throughout the course and prior to the test.

Classroom Conduct:

Each student will be responsible for school and classroom rules:

1. Listen to instructions the first time
2. Respect all people and property
3. Be prepared and on time to class

All school policies will be enforced, including cell phones and the dress code. Please leave your cell phone turned off and put away, and dress appropriately for school. Students may bring bottled water to class, but other food and beverages are not permitted in the classroom.

Any student behaving in a way that is unsafe during cooking labs will be removed and have to make up the work missed. Parents will be notified. Citizenship may also be affected.

Citizenship:

Grades are based on classroom behavior, punctuality, participation, honesty, and respect for others.

Class work and grades:

Each assignment should be neat, legible, and turned in on time. If students miss class because of school activities, they need to let the teacher know BEFORE they are gone for the activity.

Grades will be determined by daily bell work, tests, in-class assignments, and labs. There will be packets used for each of the six units in class that will be a significant portion of the student's

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grade. The first packet is worth 170 points and will go on the third quarter's grade. The second and third packets will be on fourth quarter and are worth 160 and 290 points, respectively. During fourth quarter we will also have the State Skills Test that will be counted on the student's grade. There will be a review packet to help prepare the students for the test that must be turned in NO LATER than the day of the test. IT WILL NOT BE ACCEPTED LATE UNDER ANY CIRCUMSTANCES.

The standard grading scale will be used:

A = 93-100	B- = 80-82	D+ = 67-69
A- = 90-92	C+ = 77-79	D = 63-66
B+ = 87-89	C = 73-76	D- = 60-62
B = 83-86	C- = 70-72	F = Below 60

Bell Work:

Bell work will be done each day as the bell rings for class to start. I will ask 5 questions each day about the topics covered either the day before and/or in current unit to check for understanding. At the end of the week students will add up their total scores and turn them in for points. If a student is absent they can see me before or after class to find a time for them to make up their bell work. Students will have two days for each day missed to make up any bell work that was missed.

Students that do not turn in bell work will not participate in cooking labs until bell work is made up.

Cooking labs are graded mostly on participation and cleanup. All group members must participate in BOTH food preparation and kitchen cleanup to earn full points.

If you are absent and need to make up a lab, please get the recipe from me, then bring me a signed parent note saying what you have cooked and how it turned out. Make sure you clean up after yourself too. Parents can email a note if preferred.

Late Work:

Student work that is not turned in on time will receive partial credit. Approximately 10% of possible points will be deducted for each day late. Late work will NOT be accepted after ten school days.

Staying up-to-date:

Grades will be updated to the portal system each night. Please make sure you have a valid username and password to access this site. Information about this system can be obtained from the main office. Students who do not have internet access at home can use the computers in the library or computer lab before and after school to access portal.

Additional Information:

During the course students will watch the movie "Supersize Me." It is rated PG. It is a documentary about a man who eats only food from McDonald's for one month and tracks the changes in his health. Please note whether or not you give your permission for your child to watch it in class.

My email address is listed below if you have any questions or concerns. Thank you!

I have read the Foods and Nutrition disclosure statement and will contact the teacher if I have any questions.

Student Name: _____

Student Signature: _____

Parent Signature: _____

Best way to contact: _____

Does your student have any food allergies? _____

If yes, please list what foods and any reactions I will need to be aware of. I will do my best to make accommodations for allergies, although alternate ingredients may not always be possible.

I DO _____

I DO NOT _____

Give my child permission to watch "Supersize Me" in class.