

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. Do not give this to me but make sure that you bring me the receipt. If you are on fee waiver it has been taken care of.

Attendance:

Please be in class and on time every day. Three tardies will result in an “N.” Five tardies will drop citizenship to a “U.” 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 a lab is missed, it must be made up at home with the student’s own ingredients. The student is responsible for getting the recipe, and making it at home within 5 days of missing the lab. A picture of the student cooking the given recipe needs to be taken and either brought to me or emailed to me at nishelton@wsd.net for a full 50 lab points.** Please come to class and it will save you hassle! It is the student’s responsibility to find out what work was missed on the day(s) that he or she was absent. There will be a small amount of extra credit offered during the semester, but it will not be enough to replace missed assignments so please stay caught up and turn assignments in on time.

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. The course is divided into units with accompanying packets that are useful for study guides as well.

My Expectations

1. SOAR Rules (Safe, On time, Act respectful, and Responsible)
2. Be in assigned seat when the bell rings ready to go with all of your materials. This includes QUIETLY getting started on your bellringer. (See “bell work” below)
3. The teacher dismisses the class.
4. Follow directions the first time, especially in labs where there are safety risks to consider.
5. Treat all classroom and lab equipment with respect.
6. No profanity.

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.

Citizenship

A separate citizenship grade will be given based on compliance to the school rules and policies as outlined in the student handbook and class rules. Being late to class and/or disrespectful affects citizenship.

Citizenship Grades are determined by the following scale:

H (Honorable)-0 tardies/good behavior

S (Satisfactory)-1 to 2 tardies/1 to 2 behavior marks

N (Needs Improvement)-3 to 4 tardies/3 to 4 behavior marks

U (Unsatisfactory)-5 or more tardies/5 or more behavior marks

Grading/Course Requirements

Grading will be based on attendance, assignments, preparation and participation in class discussions, labs, assignments, etc. Tests are given at the end of each unit and unit packets are turned in for points. These are great study guides for the unit tests. Grades are determined from a percentage of the total points calculated. The grading scale is as follows:

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 a prompt each day on the board about the topics covered either the current unit or past units to review and check for understanding. The students will be required to write in the journal quietly for the first five minutes of class. These entries will not be read but checked each Friday for participation points.. If a student is absent they can simply write absent for that given day and I will verify it at the end of the week and not mark them down. **Students who consistently do not turn in bell work will lose their lab privileges until participation improves. They will be expected to make up the lab at home.**

Late Work

Student work that is not turned in on time will receive 50% of the total points.

Make-up Work

Students will be given five school days after an absence (including school excused activities) to complete any missed work. Initiating make-up work for absences is the student's responsibility. It may be done before or after school or Advisory if the time allows. No make up work will be allowed for a truant absence. Full credit is given to homework turned in within those five days upon return. If you know your student will be absent please contact me ahead of time if possible. As outlined under attendance, labs must be made up at home with the student's own ingredients.

Extra Credit

There will be a small amount of extra credit offered. All assignments must be turned in to be eligible for extra credit. If you come to class and do your best and there will be no need for it.

Progress Reports

I post current grades each afternoon on Portal. Please check regularly to determine the status of your child's work and citizenship. www.weber.k12.ut.us/myweber

Equipment Use Agreement

The student is expected to be responsible and exercise good judgment while in the CTE/FACS room and while using the equipment in the classroom. Therefore, the student will:

- Stay in assigned kitchen.
- Do your own work.
- Only use the equipment for classroom assignments and projects.
- Keep the kitchen area and classroom clean and sanitary.
- Be especially careful when using the kitchen equipment to ensure the safety of each student in the classroom.

Daily use of the equipment will cause some normal breakdowns. However, **intentional** misuse of equipment which damages school property will result in appropriate consequences, including being charged for the expenditure.

There are risks, of course, when we are using machinery or equipment in the sewing room or kitchen labs. Any student behaving in a way that is unsafe in any way during these labs will be removed from them and assigned alternate book work. Be responsible and safe and it will be fantastic.

Videos

As part of my curriculum, occasionally we will be viewing episodes or short clips from the Food Network, TLC, and similar programs that are in line with the Foods curriculum. We will also be viewing a PG film title "Supersize Me," which requires parent permission. These are shown to reinforce what has been taught in the labs. Everything shown will be in compliance with district policies.

Accommodations

If your child requires special classroom accommodations, please let me know as soon as possible. Thank you.

*The teacher reserves the right to alter this disclosure to fit the individual needs of students when necessary.

I have read and understand the expectations and equipment privileges. I understand that there are risks involved but that every safety precaution will be taken each day.

Student's Name _____ Period _____

Parent's Signature _____ Best way to contact _____

Comments _____

Does your child have any food allergies? _____

If yes, please explain:

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 view "Supersize Me."

Please sign and return to class tomorrow. Thank you.

I am available from 7:15-3:15 each school day. Please feel free to email me with any questions or concerns you may have at nishelton@wsd.net.