

Taft 7-12 2019/2020 Course Syllabus



Course:	Foods & Nutrition A & B	
Type:	Semester classes; 9-12 grades	
Instructor:	Westbrook	
Prep Period:	1st	Phone: (541) 996-2115 ext. 185
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Course Description

Course Overview:	<p>First semester's course, <u>Nutrition & Food Preparation</u>, provides students with knowledge and skills about food preparation and/or production, with a strong emphasis on nutrition, balanced diets, and satisfying special dietary needs. Topics typically include assessing nutrient content, the science of food and nutrition, physiology and utilization of nutrients. Course content may also cover additives, contaminants, foodborne illnesses, and food technology.</p> <p>Second semester's course, <u>Particular Topics in Restaurant, Food, & Beverage Services</u> examine specific topics related to Restaurant, Food, & Beverage Services, such as catering, rather than provide a general study of the industry or specific topics already described.</p>	
Text:	<i>Guide to Good Food</i> by Largen & Bence, 9 th edition	
Units	<p>First semester - Foods & Nutrition A</p> <p>September:</p> <ul style="list-style-type: none"> • Kitchen Safety, Sanitation & Organization <p>October:</p> <ul style="list-style-type: none"> • Basic Nutrition & Healthy Lifestyles • Macronutrients <p>November:</p> <ul style="list-style-type: none"> • Desserts • Quick breads <p>December-January:</p> <ul style="list-style-type: none"> • Eggs • Soups 	<p>Second semester - Foods & Nutrition B</p> <p>February:</p> <ul style="list-style-type: none"> • Kitchen Safety, Sanitation & Organization <p>March:</p> <ul style="list-style-type: none"> • Alternative diets • Micronutrients • Yeast breads <p>April:</p> <ul style="list-style-type: none"> • Meats & Seafood • Fruits & Vegetables <p>May-June:</p> <ul style="list-style-type: none"> • Cultural foods - Group project
Required Materials:	Computer, lined paper, pens/pencils	
Suggested Materials:	Divider section or binder for class period, colored pencils/pens, glue stick, scissors	

Standards Assessment

Grading Criteria, Standards, and Extra Credit:	<p>To pass each semester, a student has to earn a minimum of 70% in the grade book based on mastering standards.</p> <p>A - 90%-100% B-80-89% C-70-79% *I-0-69% *Incomplete (I) converts to an F at the end of each semester</p> <p>Progress reports will be mailed home every six weeks. Taft 7-12 has an online grade book available, please utilize this option to stay up to date on grades and assignments.</p>
Course Standards Assessed:	<p>Common Core State Standards:</p> <p>Literacy.RST.2 - Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.</p> <p>Literacy.RST.3 - Follow precisely a complex multistep procedure when carrying out experiments, taking measurements, or performing technical tasks, attending to special cases or exceptions defined in the text.</p> <p>Literacy.RST.4 - Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grade texts and topics.</p> <p>Literacy.RST.5 - Analyze the structure of the relationships among concepts in a text, including relationships among key terms.</p>

Literacy.RST.7 - Translate quantitative or technical information expressed in words in a text into visual form and translate information expressed visually or mathematically into words.

Literacy.RST.8 - Assess the extent to which the reasoning and evidence in a text support the author's claim or a recommendation for solving a scientific or technical problem.

Literacy.RST.9 - Compare and contrast findings presented in a text to those from other sources, noting when the findings support or contradict previous explanations or accounts.

WHST.2 - Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.

WHST.4 - Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

WHST.5 - Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

WHST.6 - Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.

WHST.7 - Conduct short as well as more sustained research projects to answer a question or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrate understanding of the subject under investigation.

WHST.8 - Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.

WHST.9 - Draw evidence from informational texts to support analysis, reflection, and research.

WHST.10- Write routinely over extended and shorter time frames for a range of discipline-specific tasks, purposes, and audiences.

National FACS Standards:

8.0 – Food Production and Services

- 8.1 – Analyze career paths within the food production and food service industries.
- 8.2 – Demonstrate food safety and sanitation procedures.
- 8.3 – Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
- 8.4 – Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- 8.5 – Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

9.0 – Food Science, Dietetics, and Nutrition

- 9.1 – Analyze career paths within food science, food technology, dietetics, and nutrition industries.
- 9.2 – Apply risk management procedures to food safety, food testing, and sanitation.
- 9.3 – Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
- 9.4 – Apply basic concepts of nutrition and nutritional therapy in a variety of settings.

14.0 – Nutrition and Wellness

- 14.1 – Analyze factors that influence nutrition and wellness practices across the life span.
- 14.3 – Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- 14.4 – Evaluate factors that affect food safety from production through consumption.

Essential Skills:

9. Demonstrate personal management and teamwork skills

This skill includes all of the following:

- Participate cooperatively and productively in work teams to identify and solve problems.
- Display initiative and demonstrate respect for other team members to complete tasks.
- Plan, organize, and complete assigned tasks accurately and on time.

	<ul style="list-style-type: none"> Exhibit work ethic and performance, including the ability to be responsible and dependable.
Re-Take and Make-Up Policy:	<ul style="list-style-type: none"> When you are absent/tardy, it is <i>your responsibility</i> to get the work you missed. Check the assignments on Google Calendar, Google Classroom, and ask other students before approaching the teacher. Make up labs will be done at home. The form must be filled out and signed by the parent. The lab must be similar to the lab we did in class. Recipes are available (student recipe book or on Google Classroom after lab days) or you may use one of your own if approved by the teacher. All make up work is due <i>before</i> the current unit is over (tests/quizzes must be made up with teacher appointment). Work turned in late will only be scored up to 70%. Work turned in from a previous unit is considered late.
Testing Policy:	<p>All tests and quizzes are open note with the exception of the safety/sanitation test (which students must pass with at least a 75% in order to participate in labs). All notes must be in your own handwriting (no sharing during tests). Please keep all your notes and assignments—they can be used on the final and serves as evidence toward proficiency in the standards! Students are expected to be in class and prepared to take the test on the day it is scheduled to be given unless there is an excused absence.</p> <p>Tests will only be given during regular class time or when scheduled with the teacher. Tests are scheduled and students will know in advance of an upcoming test. If a student fails a test, he/she will need to take a retake test during the next scheduled test time or by appointment. The highest score you can receive after the first scheduled opportunity to take the test is a 70% <i>if you have an unexcused absence</i> when the test was first given.</p> <p>Note on safety/sanitation test: A current Food Handler’s card is an acceptable alternative to passing the safety test.</p>

General Policies

#TigersR.O.C.K	Responsible	Organized	Cooperative	Kind
	<ul style="list-style-type: none"> I practice safe behaviors in everything I do I am on time and ready to work I take action to always put safety first I maintain possession of personal items 	<ul style="list-style-type: none"> I come prepared to learn I ensure my area is ready at all times I use my time and resources wisely I clean up my space before leaving class 	<ul style="list-style-type: none"> I respect peers and their opinions I speak up to ensure the safety of others I use appropriate language and voice levels I demonstrate patience 	<ul style="list-style-type: none"> I am courteous and respectful to others I use polite terminology: “Please” and “Thank you” I manage personal behavior I am aware of safety protocols that keep me and my peers safe
Accommodations:	See the Instructor on an individual basis.			
Technology:	In accordance with LCSD Personal Electronic Device policy; cell phones, iPods, tablets etc. are not allowed in class during instructional time. If any piece of technology beyond your school assigned Chromebook is either <u>seen or heard</u> during class, regardless of whether or not it is in use, it will be confiscated and turned over to the office as per school policy. All devices are to be powered off during class time. If permission is granted to one student to use a personal electronic device for a momentary academic purpose, it is not to be assumed that permission is extended to anyone else. Please refer to the district standards, parent and student handbook, and technology contract for any additional questions or clarification needed regarding personal electronic devices or 1:1.			
Cheating and Plagiarism:	Please refer to the LCSD integrity policy. The acts of cheating or plagiarism in connection with academics are detrimental to the individual and the school system. Consequences could lead to course failure and jeopardize graduation.			
Attendance and Tardy:	Every day in class matters! #9orLESSisBEST! Regular school attendance is one of the most powerful ways you can prepare for success—both in school and in life. When you make school attendance a priority, you achieve better grades, develop healthy life habits, build positive attitudes toward school, avoid dangerous behavior and improve your chances of graduating from high school and having			

	successful post-secondary experiences. LCSD believes that every day matters! Please consult the school calendar for no school days when looking to plan appointments and vacations. After 10 missed days you will be referred to the truancy officer and could be fined in accordance with Oregon state law. Each student is allowed 3 tardy marks per semester. After the third tardy, lunch detention will be assigned for each successive tardy noted.
Food and Drink:	Allowed if there is <i>NO</i> evidence of food/drink at the end of the class period.
Misc:	Please note that although this is an elective class, each student must still have elective, CTE, or fine arts credits in order to graduate. All semester grades equally affect GPA for all four years in high school. <i>Extensions are not available</i> due to the lab-based performance format of this class. Students with less than 70% of the course completed at the end of the semester will receive an F for the course grade.

Student Signature _____ Guardian Signature _____ Date: _____