

# Back-to-School

## Syllabus for Foods Semester 1 Classroom Expectations & Grading Policy

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Welcome Back Students and Parents,

I would like to welcome you all to the 2017/2018 school year at Vista Murrieta. This letter is to inform my students and their parents of my main objectives and expectations for the Foods and Nutrition class.

### A. Description

This course involves a careful examination of cooking techniques and practices. Emphasis will be on development of basic cooking practices, nutrition in the life cycle, and buying for a budget. The material will be covered through lecture, reading and reviewing the book, class activities, and homework.

### B. Organization

This is a lecture-lab course in which topics are presented by the instructor, practice cooking labs are demonstrated and explained, and assigned cooking labs are completed by students during class labs.

### C. Course Objectives

1. Students will work in groups of 4 to prepare food.
2. Students will demonstrate proper safety and sanitation techniques.
3. Students will demonstrate proper measuring and cooking practices.
4. Students will use a recipe in its proper form to complete a recipe.
5. Students will look at different cultures eating practices.
6. Students will complete all assigned work and turn in as a packet.

### D. Course Topics for Foods Semester 1 and 2

1. Safety and Sanitation
2. Measuring techniques
3. Breads, doughs, muffins, and flour mixtures
4. Milk and Eggs
5. Grains, rice, and cereals
6. Meats and cheeses
7. Fruits and Vegetables
8. Cultural Foods
9. Food budgets
9. Nutrition and the food guide pyramid.

### E. Text and Required Supplies

1. A \$30.00 lab fee to be paid within the first three weeks of each semester.
2. Paper and pencil.
3. Book is provided in class.

### F. Grading Plan:

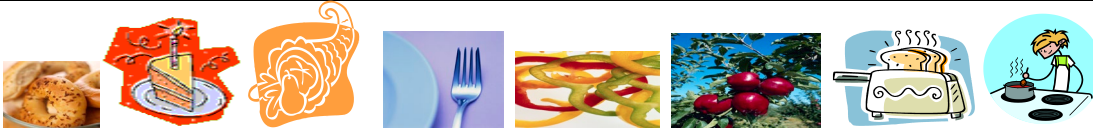
Completion of all class work, homework, labs, tests, and projects with a total accumulation of 60%-69% for a **D**, 70%-79% for a **C**, 80%-89% for a **B**, and 90%-100% for an **A**.

### Make up Work for missed cooking lab:

1. Make-up work is the responsibility of the student.
2. Students will have one week to make up a missed assignment or lab.
3. If a student misses a foods lab they will have an option of one of the three for make-up credit.
  - a. One page write up on a vitamin or mineral
  - b. Home cooking assignment must be turned in with recipe and a one paragraph write up explaining the procedures.
  - c. One page write up on a newspaper or magazine article pertaining to food or nutrition. Article must be included when turning in.

G. Homework: Students are given enough time to complete assignments in class. Each student will be assigned a Foods for Today book to be used in the classroom. The classroom set is to remain in the class at all times. If a student is absent from class or falls behind on a assignment they can check the book out from the Vista Murrieta school library.

**Material Fee: To ensure a quality program each student is asked to contribute a \$30.00 donation(each semester) for the foods consumed in class. This donation provides all of the supplies necessary to complete the labs. We will start cooking about 3 weeks into the semester. You can conveniently make donation payments by going on-line to [www.vmhs.net](http://www.vmhs.net) and click on VMHS material donations link. Cash payments will be accepted by bookkeepers. (VMHS does not accept checks). Please have student bring their receipt to class. If the materials fee is not paid, alternative assignments will be assigned on a lab day.**



-----please return signed syllabus with lab fee-----

I have read and understand the expectation for this course.

Name of student (printed) \_\_\_\_\_

Signature of student \_\_\_\_\_

Name of parent or guardian (printed) \_\_\_\_\_

Signature of parent or guardian \_\_\_\_\_

## Responsibilities of the student:

Students will lose participation points when these rules are violated

1. Be in your assigned seat before the bell rings.
2. Be seated before the bell rings to leave. Do not line up at the door to leave.
3. Use appropriate language when entering the classroom. This includes insults directed towards others.
4. Do not make fun of the foods or practices that others use to eat.
5. Throw trash into the trash cans.
6. No use of headphones, cell phones, pagers, or electrical devices. **This is your warning!** If these items are visibly out in class during class time, then I will hold them till the end of the day.
7. Make use of your breaks, going to the bathroom, grooming, drinking, or playing video games. You will only have two bathroom passes per 6 weeks.  
Passes not used will go toward extra credit.
8. No make-up face painting in class. For sanitary reasons, hair brushes, make-up, or grooming products need to be kept in backpacks or purses.
9. Hair is to be pulled back on cooking lab days. A hat may be worn, but only when we are cooking.
10. Respect for the environment and teacher/ no talking while the teacher is talking.
11. No talking during announcements.
12. No outside food is allowed into the classroom.
13. No sitting on the desks or countertops.
14. No snapping towels
15. No throwing food or tossing items.

