

Foods I

Family and Consumer Science

The students, faculty, staff, and administration of Wilby High School will work cooperatively with families, members of the community, and the Board of Education to create a safe, welcoming, and academic environment which embraces, challenges and nurtures the diverse talents, interests, and learning styles of all its students. All students will leave Wilby High School with the self-respect, respect for others, knowledge, and skills necessary to become independent, intellectually curious, and self-fulfilled members of society.

Teacher: Ms. Joanne Tichon **Room:** 109 jtichon@waterbury.k12.ct.us

Textbook: Food, Nutrition and Wellness, Duyff, Roberta Larson, Glencoe/McGraw Hill

Course Description: Foods I is a full year course. Students learn about how nutrients and the food guide pyramid affect wellness and menu planning. The course also focuses upon safety and sanitation in the food lab. Students will have the opportunity to work cooperatively in the food labs to practice authentic learning of a variety of food preparation techniques.

Classroom Goals:

1. To understand how the aspects of wellness influence the quality of life.
2. To identify special health concerns and food choices utilized for certain health problems.
3. To evaluate factors that affect food safety and safe handling of equipment.
4. To understand the role of nutrients and the food guide pyramid in wellness and menu planning.
5. To demonstrate food preparation techniques.
6. To demonstrate decision making, good listening, and teamwork skills.

Course Objectives:

1. To become an effective reader and effective writer by recognizing how the physical, mental and emotional and social aspects of wellness influence the quality of life.
2. To become an effective problem solver by evaluating the effects of special health concerns and the impact of food choices upon good health.
3. To become an effective reader and effective writer by applying the principles of food safety, sanitation and the safe handling of equipment.
4. To become an effective problem solver by explaining the relationship of nutritional food choices to the promotion of a healthy lifestyle.
5. To become a respectful person and collaborative/cooperative worker through authentic application of course topics in a foods lab.

The following units will be covered within the course during the school year.

Wellness and Food Choices	Grains	Milk
Food Safety and Sanitation	Yeast Breads	Fruits and Vegetables
Kitchen Principles	Soups	Salads
Special Health Concerns	Eggs	Microwave Cooking
Nutrition	Breakfast	Meat
Quick Breads	Cheese	

Grading Policy:

Labs/Projects - 40%

Class Work - 20%

Homework - 10%

Tests / Quizzes - 20%

Disposition Towards Learning– 10%

Classroom Rules:

Students will:

1. Attend class and be in assigned seat and ready to work when the bell rings.
2. Participate positively in class discussions and lab work.
3. Complete written assignments and homework on the due date.
4. Complete food lab job assignments prior to lab day.
5. Be attentive to teacher and student demonstrations and class presentations.
6. Keep hands, feet and objects to themselves.
7. Use conversational voice when answering questions.
8. Refrain from eating or drinking in the classroom unless part of the day's lesson.
9. Refrain from the use of all electronic devices.
10. Follow the dress code policy.

Student signature: _____

Parent Signature: _____

I am looking forward to a successful school year. Knowing these guidelines will help prevent misunderstandings and create a positive learning environment.