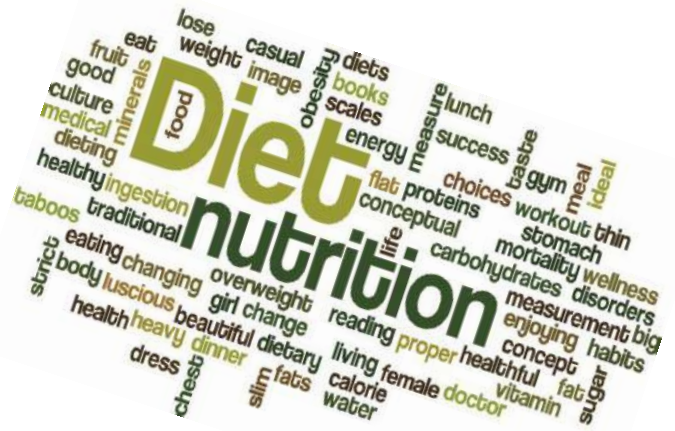


*If a student knows in advance that he/she will be absent, it is the student's responsibility to notify the teacher and get assignments. If a test is to be given on the day of the planned absence, the student needs to schedule a time before or after school to make up the test, if possible. Many of the daily class activities and homework will be able to be accessed by students via Google Classroom.*

This course is designed to educate students about the importance of eating healthy and maintaining a good diet. Students will learn about nutrition, wellness, eating disorders, supplements, food labeling, and understanding how the body functions. This class will include lectures and food labs. Performance competencies in this course will enable students to:

- Construct meaning related to nutrition, food economics and ecology
- Communicate effectively with family members, consumer groups and providers of food and nutrition products and services
- Solve problems related to health and wellness, as well as food needs through the application of mathematics and science principles
- Make responsible decisions involving family and individual food needs, the use of the food dollar and the care of food



**Daily Assignments:** Daily assignments will include various points including writing prompts, participation points, worksheets, and other in-class projects.

**Tests/Quizzes:** There will be skill assessments in this course. Students will also be given quizzes periodically that may be announced or unannounced.

**Projects/Labs:** Projects and labs will be assigned throughout the class to apply knowledge learned. Food labs are a privilege, not a right. Students with missing work, multiple tardies, and poor behavior may have an alternative assignment for lab days.

**Supplies Needed:** We will be utilizing as much technology as we can, however students will still need writing utensils and a binder or notebook of some sort to keep everything organized.



---

I have read and understand the expectations and content of Mrs. Meyer's  
Nutrition I & II class.

---

Student Signature

Date

---

Parent Signature

Date

**Please read,  
sign and  
return to  
Mrs. Meyer by  
Friday,  
August 24**