

Rolla High School

Foods and Nutrition Syllabus

Instructor

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Prep Period – 6th, Rm 206

Course Description

This purpose of this course is to gain knowledge of nutrition and how food affects the body, to increase knowledge of food preparation, and to be aware of current issues in food and nutrition. Units to be studied include importance and management of food and the kitchen, breakfast, fruits and vegetables, quick meals, and baking.

Text and Class Materials

- We will be using the text Food for Today (2016).
- Strongly suggested to have a separate notebook or folder for THIS class.
- Calculator with basic functions.
- Your technology device
- Headphones/earbuds
- A water bottle – no sharing!

Grading

1st 9 weeks and 2nd 9 weeks

- Daily Assignments/Quizzes/Computer projects = 40%
- Major Projects= 35%
- Labs = 25%

Semester

- 1st 9 weeks = 42.5%
- 2nd 9 weeks = 42.5%
- Semester Assessment = 15%



Rules and Requirements

- All work is to be done independently unless instructed otherwise. If seen completing assignments together, both assignments will be given zeros.
- Assignments will consist of group and individual assignments, worksheets, quizzes, and projects on the computer. It is your responsibility to hand in assignments on time. Late assignments will not get full credit.
- Value for late assignments: 50% credit, for major projects 10 points a day will be lost
- May have to make up labs during Bulldog or at home if you get too far behind. This will be worked out on an individual basis with Mrs. Held as needed.

Extra Credit

There will be times when an assignment is given for extra credit. This is your choice and will not affect your grade if not completed. However, it will help raise your grade if completed. I will not wait until the end of the 9 weeks to grant extra credit so take advantage of the opportunity throughout the quarter!

COVID/Online

Changes in schedules, late work, school closure, etc. may take place throughout the year, but if you are struggling, have questions, or concerns you must talk to Mrs. Held.

Foods Labs

Due to sanitation regulations students must wear appropriate clothing for lab:

- The school will provide a clean apron.
- All hair that is shoulder length is required to be tied back.
- Closed toed shoes are required for each lab day.
- If a sweatshirt is worn, sleeves must be able to be pushed up and held in place at the elbow. If not they must be removed.
- Rings/bracelets/watches/long necklaces or lanyards must be removed.

Food for thought:

- WE DO NOT COOK OR EAT EVERYDAY.
- Students will be required to taste every recipe prepared in class. (There will be an exception made for those with parent documented food allergies.)
- Students are not allowed to bring in their own ingredients or beverages for lab day.
- Kitchen clean-up is MANDATORY. If a student leaves before approved, they will receive a zero for the lab and there will be no makeup opportunities for this zero.
- Inappropriate behavior in class will result in the removal from class and the student will receive a zero for the day.
- More lab information will be talked about in class before the first lab.

Foods and Nutrition, cont.

Expectations

1. **BE ON TIME.** Must be in your desk ready for class when the bell rings.
2. **BE PREPARED.** Bring your assignment, book, paper, and pen/pencil EVERYDAY!
3. **BE RESPONSIBLE.** Remember late work will not get full credit. The only one responsible for your grade is YOU.
4. **BE RESPECTFUL.** Not only of yourself, but of those people and the things around you. I fully expect you will try your best and act your age at all times.
5. **BE OPEN.** You may be exposed to new opinions or new opportunities. Even though it may be out of your comfort zone, sometimes it's good to step outside the "box".



ND state standards covered in this course

Food Patterns and Customs: 4.3, 4.4, 7.6, 8.1, 8.2
Management of Food Resources: 2.1, 2.2, 2.5, 4.1, 4.5, 7.3, 7.5, 8.3, 8.4, 8.5
Technology and Consumer Choices: 2.3, 4.2, 5.4, 8.5
Energy and Resource Consumption and Conservation: 2.4
Legislation Related to Food and Nutrition: 2.3, 8.5
Related Careers: 1.1, 1.2, 12.1



Reminders

To check grades:

Powerschool –all final grades will be posted here

- Helpful Classroom Websites:
 - Google classroom – a majority of our daily work will be done within google classroom, it is important to have your device with you each day.
 - [quizlet.com](https://www.quizlet.com)

Course Topics

Kitchen management/food safety/food preservation
Importance of proper foods (nutrients, calorie intake, etc.)
Proper Eating Habits (eating disorders, MyPlate, Dietary Guidelines)
Fruits and Vegetables
Soups and sauces
Breakfast & Eggs
Convenience meals
Baking
Other topics as assigned

*** You may notice Career Ready Practices on your powerschool. The goal is to make sure that when you leave this class, you are CAREER ready!*

Foods & Nutrition

Student Name (printed): _____

As a student in Mrs. Held's class, I have thoroughly read and understand the expectations for this course and myself as stated on the syllabus. I have especially noted the late policy for assignments and will try my best to turn in assignments on time. If I do make a habit of turning in assignments late, I DO KNOW IT WILL AFFECT MY GRADE.

Student signature

Parents/guardians please check those that apply below:

As a parent/guardian of a student in Mrs. Held's class, my student has:

_____ Shown me the syllabus

_____ Made me aware of the late policy regarding assignments (50% maximum if late)

_____ Given me Mrs. Held's contact information if I have any questions or concerns about my child.

_____ If needed, my student is allowed to drive to pickup elementary snack at Leever's as assigned by Mrs. Held (this would only happen on the rare occasion that the senior aide is not available that week)

Because we will prepare and eat food in this course, with food allergies are much more prevalent than in the past.

Please answer below:

My child has food allergies: _____ yes _____ no

If yes, what are they? _____

Parent/Guardian Name

Parent/Guardian Signature

Emergency contact phone number: _____

Home/cell number: _____

Email address: _____