

Rolla High School

Sports Nutrition/Nutrition and Fitness Syllabus

Instructor

Mrs Kayla Held
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Prep Period – 6th, Rm 206

Course Description

This course is an introduction into the kitchen as well as exploration of healthy cooking and how to make sure we keep our bodies ready and running at peak performance. We will also do a food preservation unit at the beginning of the year to practice our food safety learning unit.

Text and Class Materials

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

Grading

1st 9 weeks and 2nd 9 weeks

- Homework Assignments/ Small Daily Projects = 60%
- Major Projects= 35%
- Labs = 25%

Semester

- 1st 9 weeks = 42.5%
- 2nd 9 weeks = 42.5%
- Semester Final = 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, 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, major projects that are late will lose 10 pts a day. You will be given one homework “freebie”
- You may need to make up or complete lab work if missed excessively. A lab not made up when required will affect your grade. This is to be worked out with Mrs. Held on an individual basis.

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!



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 on 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.
- A mask may be required during food labs.
- Social distancing practices will also take place within the classroom setting.

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. (water is an exception)
- 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.

Sports Nutrition/Fitness 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

Nutrition and Working in the Kitchen: 4.1, 4.3, 4.5, 7.3, 7.5, 7.6, 8.2, 8.4

Preparation for Adult Roles: 1.3, 2.1, 7.1, 7.2, 7.3, 7.4, 7.5

Course Topics

- Kitchen Basics
- Knife and Kitchen Safety
- Discovery of Nutrients
- Science of Nutrition
- Food labels & history
- Basics of exercise
- Eating disorders & special diets

Reminders

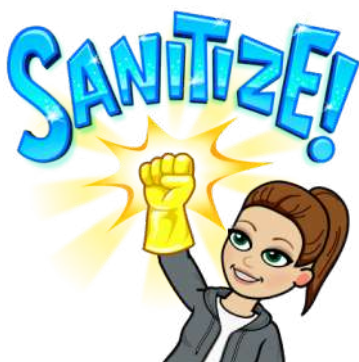
To check grades:

[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



COVID/Online/General Help



Changes in schedules, late work, school closure, etc. could take place throughout the year, but if you are struggling, have questions, or concerns you must talk to Mrs. Held. The best way to contact here when you are at home is kayla.held@k12.nd.us

**** You may notice career ready practices on your powerschool, the goal is to track your progress through the class on becoming ready for your career as an adult!**

Sports Nutrition/Nutrition & Fitness

Student Name (printed): _____

As a student 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.

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: _____