# **Foods and Nutrition**

# **Class Expectations**

#### **Spring Semester 2013-14**

Educator: Mrs. Miles e-mail: milesb@tantasqua.org

Help day: Tuesday 2-3:15 Room 3143

**Materials needed for class:**

* Writing instrument & Binder

**Course Description:** Foods and Nutrition class is designed to introduce students to the basics of food preparation, presentation, proper nutrition and making wise food choices. Students will learn the basics of food preparation, including: proper measuring techniques, use of kitchen equipment, cooking terms, kitchen sanitation and safety. Units covered may include quick breads, grains, yeast breads, fruits, milk, eggs, cheese, various baked products, cake decorating, holiday baking, entrees, meal planning including foods from foreign countries as well as from different regions of the United States. Time will be spent covering proper selection of foods, nutrition, menu planning, and table setting. Various career opportunities within the food service industry may be explored. Students will be involved in the preparation and presentation of food for various school functions.

Academic Expectations from the Mission Statement:

• Assume responsibility for academic achievement.

• Acquire, interpret, analyze, integrate, and apply information in a discerning manner.

• Demonstrate the appropriate use of technology appropriate to subject areas.

• Exhibit the ability to communicate.

**Reading Materials:**

Primary textbook: *The World of Food*, Ginn & Co. 1984 or Prentice Hall: 1990

Supplemental reading/sources: *Discovering Food and Nutrition,* Glencoe McGraw Hill: 2001

*Exploring Professional Cooking*, Glencoe McGraw Hill: 1996

Variety of articles pertaining to nutrition, health & food related topics

## Grading System

Description Value

Lab Grade 30%

Quizzes 30%

Projects & written work 30%

Class Preparation & Participation 10%

**Semester Grade = 4(Quarter 1 grade) + 4(Quarter 2 grade) + 2(Final Exam grade)**

A lab rubric will be given to each student at the beginning of the semester. Students are evaluated on each of the following:

* Safety & sanitation
* Participation & cooperation
* Following recipe and final product
* Clean up

Individual rubrics will be given for special lab & research projects

**Class Rules:**

Students are expected to arrive to class on time or enter with a valid pass. Students are expected to come to class prepared with a writing instrument, their notebook and having completed any assignments. Repeated failure to come to class unprepared or failure to work during class time will result in loss of participation credit for that day. **If student behavior is disruptive or he/she does not participate, he/she will receive a 0 for daily class participation despite being in class.**

**Students are expected to follow sanitation, safety, and hygiene rules at all times.**

Cell Phones/I Pods etc.

Cell phones/I Pods etc. are to be turned off and put away while in Foods and Nutrition class. **Students observed using any electronic device not directly related to the class activity will receive a teacher detention for the first offense**. Subsequent violations will be referred to the Dean of Students.

### Absenteeism

Students who are absent are responsible for getting all missed work from the teacher or a classmate before class or at the next after school help session. **As a rule** **students will not be able to make up missed labs; exceptions may be made at the teacher’s discretion. Any student missing a lab due to a school sanctioned activity will be required to stay after to make up the lab at the next help session.**

**Course Outline:**

**Introduction to Food Preparation:**

Sanitation and food safety, measurement and abbreviations, cooking equipment, terms and recipes, kitchen rules and organization, healthy & unhealthy food choices, healthy menu alternatives, nutrition, MyPlate Guidelines, meal planning for developing healthy, appetizing menus, table settings and food service styles

**Food Preparation Units: Each unit includes lecture, 1 or 2 labs, written class work, and quizzes**

1. **Fruit**

**Labs: fruit salads, fruit dips, apple crisp, apple sauce**

1. **Vegetables**

**Labs: vegetable preparation, salads (taco/Caesar), potatoes, salsa**

1. **Grains & Cereals**

**Labs: cereal bars, pasta salads, rice recipes**

1. **Cheese**

**Labs: stuffed shells, macaroni & cheese**

1. **Poultry**

**Labs: chicken pot pie, chicken wrap stir fry, chicken dinner**

1. **Quick Breads**

**Labs: muffins, biscuits, loaf breads**

1. **Milk**

**Labs: smoothies, cream soups, milkshakes**

1. **Eggs**

**Labs: egg preparation – scrambled, fried, omelets, quiche**

1. **Cookies**

**Labs: six cookie types (drop, bar, molded, pressed, refrigerator & rolled)**

1. **Pastries**

**Labs: single crust pies**

1. **Cakes**

**Labs: foam cake, single & double layer cakes, basic cake decorating, buttercream frosting**

1. **Meat / Poultry**

**Labs: chili, teriyaki stir-fry, meatballs, marinades**

1. **Yeast Breads**

**Labs: breads, cinnamon rolls**

**Additional Class Projects:**

* Research various diet plans/food allergies
* Fast food research project
* Modeling nutritious food & meals that adhere to My Plate Guidelines
* Holiday projects