

“Food is our common ground, a universal experience.”

James Beard



Foods, Nutrition and Wellness

Family and Consumer Science (FCS)

Teacher: Ms. Anna Alex

Email: aalex@d181.org

Course Objective/ What will I do in Foods I? : FCS classes offer ample opportunity for students to gain real-world knowledge and experience through hands-on learning. Foods I is an introductory course to nutrition and the art of cooking. This course has an emphasis on “MyPlate,” dietary guidelines, label reading, nutrients, and home-made vs. store bought comparisons. Students will use and practice teamwork, problem solving, time management, and critical thinking skills in the lab setting. Units covered include, safety and sanitation, kitchen math, recipe reading, knife skills, recipe costing, culinary tools, Myplate food groups, and baking and cooking techniques.

Materials needed daily: Binder or folder, notebook/paper, and CHMS assignment notebook. Please bring a hair tie for long hair on lab days. Aprons will be provided but you may bring your own apron on lab days.

Guidelines for success in the classroom and lab:

Strive for Success • Be on time, in your seat when the bell rings • Participation is key • Come prepared with supplies

Respect Yourself- • Ask for help when needed • Mistakes are proof that you are trying • Use language that is worthy of your character

Respect Others- • Be kind always • Be patient with the needs of others • Everyone has an equal opportunity to learn

Respect our Classroom- • NO GUM • No vandalism of any sort • **No horseplay**

Be Polite- • Electronics are used for educational purposes only • Always raise your hand • Listen while others are speaking

Breakdown of grading:

- Quizzes
- Daily participation
- Classwork
- Projects



Consequences:

7th grade

Check and reflect system

8th grade

One verbal warning and further inappropriate behavior will result in parent contact and disciplinary referral

*Harassment of any kind, cheating, plagiarism, and/or vandalism will not be tolerated and appropriate consequences will be given. Please keep in mind that appropriate behavior during lab is **expected**. **Cell phones need to be put away, unless given permission by the instructor.**



Late work: Students will have the opportunity to turn in late work for points off the next time class meets (class meets every other day). I will not accept late work after that.

Make up work: Students are responsible for any work missed. It is student's responsibility to check the class folder titled "FOODS I" for missing assignments and ask me for any help needed.

*Please arrive on time to class. On lab days, we will begin right away and it is crucial that you are here, and ready to get started.

Classroom website: <http://chmsfcs.weebly.com>

Parents and Students:

This form must be signed by both parties and returned by _____

I, _____ have read and understand the above classroom policies and will abide by them when present in this classroom.

Student signature

Date

I, _____ have read and understand the above classroom policies and realize it is my student's responsibility to abide by them in order to be successful in this foods class.

Parent signature

Date

Allergies will be discussed the first day of class and we will work together to make appropriate substitutions throughout the semester. Please feel free to contact me with questions and/or concerns. I look forward to teaching and learning with you!