

# SYLLABUS

## Centennial High School

### 2018-19

|   |   |
|---|---|
| Course #: 8602  | Teacher Name: Mrs. Piechowski           |
| Course Name: Foods and Nutrition Two                      | Room Number: E110 Phone #: 763-792-5102 |
| Semester 1: X Semester 2: X                               | E-Mail: mpiechowski@isd12.org           |
| Prerequisite: You must pass 8601: Foods and Nutrition One | Credit Earned: 1                        |

#### Course Description:

Students will be exposed to and practice meal preparation skills through lab experiences, cooperative group work, individual assignments and demonstrations. Foods Two focuses on family meals and how you can best prepare meals for your current and future family.

#### Time Frame:

This course lasts for one semester for one semester elective credit. Appropriate courses to take to extend Foods learning opportunities would be third level classes: International Foods and Creative Foods.

#### Course Objective:

Students in this course will study and prepare foods with an emphasis on using My Plate in meal planning, preparation, and presentation.

#### Course Outline

|                             |  |
|-----------------------------|--|
| MyPlate.gov                 | Meal Planning: Breakfast, Lunch & Dinner |
| Meal Presentation           | Dining Etiquette                         |
| Meal Timing and Preparation | Grocery Shopping                         |
| Convenience Foods           | Entertaining                             |

#### Attendance:

See your student handbook for the Centennial Attendance Policies.

#### Make-up and Late Work:

All work should be handed in to your hour's turn-in basket. I highly recommend you join our Schoology course (you will get the code from your teacher) as Schoology will be updated regularly with announcements and copies of all assignments given in class. Check your course's materials page if you misplace an assignment (you will get the course code from your teacher).

If you are planning to be gone, please get work from me before you leave. Students who are absent will be expected to see me either before school/after school or before class/after class on the day they return to school. Getting make-up work is your responsibility, not mine!

**Late work will receive a 10% grade reduction.** If you are handing in late work due to an absence, please write "Absent" on top of your work to avoid the late work penalty.

If you miss a cooking lab, you are expected to make the recipe (or something very similar) at home and hand in a Missed Lab form signed by your parent/guardian along with a picture of you with your food. If a full meal was made the day you missed, you are only expected to make **one** of the recipes at home.

### **LEAP:**

LEAP hour provides all students the opportunity to receive academic support, complete missing work, and complete or re-take assessments. Test Centers are available in each building and students will be expected to complete missed tests within 2 weeks of the student's return to class. Foods Two support will also be available for remediation, missed lessons and clarification by talking to your teacher to schedule a time that works for both of us.

### **Leaving the Classroom:**

A wooden pass is available for five minute errand use only. Only one person leaves the room at a time, let me know when you are leaving. Signing out is required!

### **Behavior:**

Inappropriate behavior will be dealt with first by the teacher, then by administration if needed. Appropriate language makes this room a more pleasant place for everyone. It is expected that your language will be clean and respectful. If I hear inappropriate language I will have a conversation with you about it first, and if the problem doesn't seem to be going away a call or email home to your parents will be made.

### **Dress Code:**

Please see your Centennial Student Handbook for dress code policy.

**You are required to wear an apron on lab days in the foods room.** Wearing an apron in the foods lab makes you look, feel and act professionally. Aprons also help protect your clothes from getting damaged and protect your food from anything that might be on your clothes such as pet hair.

### **CELL PHONES/ELECTRONIC DEVICES**

To be used at your teacher's discretion. Be polite, respectful, and professional and we will all be happy! If I feel your cell phone use is inappropriate or excessive I may take your phone away and your parents will be informed.

### **Grading:**

Each student will be given points for the successful completion of written, practical (lab), and participation assignments. To receive full credit on a lab day a student must be actively participating in the preparation of the food, or observing the preparation of the food by standing in or near the kitchen they are assigned to.

It is expected that students will share the responsibilities of the lab work equally.

The number of points as a percentage will determine all grades. See below:

| <b>GRADING</b>  |  |
|---|--|
| A = 100 – 93  | C- = 72 – 70   |
| A- = 92 – 90 (Exemplary work – 90%-100% mastery of subject goals)         | D+ = 69 – 67   |
| B+ = 89 – 87  | D = 66 – 63 (Mediocre work – 60%-69% mastery of subject goals)           |
| B = 86 – 83 (Proficient/thorough work – 80%-89% mastery of subject goals) | D- = 62 – 60   |
| B- = 82 – 80  | NC = 59 – 0 (Unacceptable work – less than 50% mastery of subject goals) |
| C+ = 79 – 77  | NCA = (Grade Reduced due to Attendance)                                  |
| C = 76 – 73 (Acceptable work – 70%-79% mastery of subject goals)          | NC\$ = (Book missing or Fees due)  |

Credit will not be given for papers that strongly resemble another student's work, or papers that are sloppy and/or contain inappropriate content. Credit will not be given for papers handed in the last week of the semester.

The final written exam will be open notes, so you will want to use all papers handed back the last week of class and resource sheets supplied over the course of the semester. A practical (cooking) exam will also be given at the end of the quarter.

**Extra Credit:**

Students may receive ten extra credit points for additional **full meals** prepared at home by filling out the appropriate form and providing a photo or small sampling of the meal. (Cell phone photos work fine-just show it to me and I will initial your form) Turn it in to your hour's basket. The extra credit limit is 40 points for the quarter. Additional extra credit opportunities are few and far between- I suggest you do the work assigned.

**Materials Needed:**

- A writing tool every day
- Some lab ingredients may be requested from home, on a voluntary basis.
- We can always use donations of paper supplies (plates, plastic silverware, etc.) and empty, disposable storage containers (sour cream containers, etc.) for saving/serving food when lab groups run late or when a student wants to bring something home.
- If you think you might have something we could use- please ask!

*↓Please detach the form below and turn in to me by the end of the week↓*

**I have read and understand the expectations, objectives, responsibilities and grading for Foods Two class.**

Hour: \_\_\_\_\_

Student Name : \_\_\_\_\_  
*Print Name*

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_