

Teacher: Krista Fields

Course: Nutrition ~ Students will learn about foods in each food group. They will learn to read a food label, make comparisons, begin to develop an understanding about how nutrients fuel the body, learn positive and negative results of food consumption, and look at the nutrition found in fast food. A possible movie that we may watch is a documentary called *Supersize Me*.

Culinary Arts ~ Students will learn kitchen safety, basic knife skills, proper utensil names, how to measure, and how to read and eventually write a recipe. We will explore the world of spices, and we will prepare food to taste.

Teacher Resources: I am looking at various curricula. However, if they continue to be too costly, I am prepared to compile the needed resources to teach the students.

Student Materials: 1 inch 3-ring binder. Students will also need to bring materials from home on occasion. These will include items such as a cutting board and knife. On occasion, students will be asked to bring in a food item such as a piece of fruit or vegetable. Once or maybe twice students will be asked to take a recipe that I provide for them, prepare it at home, then bring it to class to be graded and enjoyed by their peers. **Materials are subject to change. Teachers will not finalize syllabi until July 15th.*

Class Fees: \$35.00

Class Fee Description:

Class fees will cover printed handouts in place of a textbook. I expect to bring in food supplies on a regular basis, totaling approximately \$15-\$20 per week. It is unlikely that we will have any unused funds. However at the end of the year, any remaining funds will be returned to the parents.

Quizzes: Yes

Tests: No

Presentations/Projects: Yes, 1

Level of Homework: Usually Only 1 Assignment

In class discussion: Yes

Level of Memorization: None

In class writing: Some

Internet required: Yes

Grading:

50% - Classroom Participation - Respect is of utmost importance in this class. Students will be graded each week using a rubric for their participation and behavior in class. If a student is absent, it is his responsibility to contact me, via text or phone call, about homework and what we covered in class. Doing this will earn the student his participation points.

20% - Materials brought to class - Students will be directed to make a note on their syllabus as to the materials that are needed the next week. Teacher will not send out an email reminder as this is expected to be the students responsibility (training for high school).

20% - Homework - I intend to keep homework light and easily completed within 1 -1.5 hours of time. With this said, some weeks will be lighter than others and less time consuming.

10% - Quizzes - POP quizzes will be given. Students are expected to know the material that is being taught. This is handled in a fun and stress-free manner.

Comments: This will be a structured class. Students will be expected to display maturity and follow our rule to be respectful. This is a class where learning will be fun. In addition to learning about nutrition and culinary arts, my desire is to develop the student as a whole and prepare them for the academic requirements that will be expected of them in the years ahead.