

Instructor: Ms. Whitfield/Ms. Edison

Room: 230/LAB 328

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Syllabus for General Foods I

Course Description: This semester-long class will provide an introduction to food preparation and handling. We will learn proper sanitization and storage methods, measuring techniques and meal planning. Students will continue on to General Foods II after successfully completing this course.

UCHS Behavior Expectations:

Unity: Build and maintain healthy relationships.

Respect: Approach and respond to others with respectful speech and actions.

On-Target: Participate actively in class lessons and school activities.

Above & Beyond: Assist others in a positive manner.

Responsibility: Make good choices and accept consequences for your actions.

Classroom Expectations:

- Obey all school rules
- Be in your seat ready to work when the bell stops ringing
- RESPECT yourself, your classmates, and your teacher
- Follow safety and sanitization procedures at all times
- See procedures page for daily routines

Course Objective: Students will be able to identify and use a variety of kitchen implements, practice sanitary food preparation with accurate measuring techniques, and plan a healthy meal.

Course Outline: *(subject to change)*

Unit 1: Getting Started in the Kitchen

Safety and Sanitation + Basic Skills

Unit 2: Nutrition and Wellness

Making Healthy Choices

Unit 3: The Management of Food

Appliances and Meal Planning

Unit 4: The Preparation of Food

Fruits & Veggies

Unit 5: Cooking Methods

Meat

Unit 6: Cooking Methods

Baking

Unit 7: Foods of the World

Food and Culture

Unit 8: Careers

Considering Career Options

Instructional Methods: The course will consist of lecture, discussion, cooperative learning, inquiry-based learning, lab work, oral presentations and guest speakers.

Materials Needed:

Pen or pencil, paper, charged chromebook, and a positive attitude!

Text: Largen and Bence. Guide to Good Food. Goodheart-Wilcox: 2012 14th Ed. (replacement cost \$)

Grading: is consistent with the UCHS scale:

A – 90-100%

B – 80-89%

C – 70-79%

D – 60-69%

F – 59% or lower

Grade distribution:

Labs/Quizzes/Tests: 70%

Classwork/Participation: 30%

Final Exam: 10% of final grade

3 part final: written test, cleaning lab, practical lab

Homework and Late Work: Class work that is not turned in at the end of the period becomes homework. However, the work will receive a 10% grade reduction each day it is late unless otherwise stated. This also applies to any assignments with a due date. Late work will not be accepted after the end of the term.

Absences: You have **ONE WEEK** to make up work (tests, assignments, quizzes etc.). Example: If you are out on a Monday and in class on Tuesday, you have until the following Tuesday to complete and turn in the missing work. It is your responsibility to get the missing work from me before/after school or at the beginning/end of class. Please do not ask in the middle of instruction time.

This is a lab class where attendance is very important.. **Labs should be made up at home.** In the event that this an impossibility there will be one makeup lab per month during seminar. This is a first come first served situation.

Academic Integrity: Cheating will not be tolerated and will result in an automatic zero (0) for the assignment.

Lab Requirements: In order to participate in cooking labs, students **MUST:**

1. Pass the safety and sanitation test
2. Be passing the class.

Support and Resources: I am typically available 5th and 7th hour. Please feel free to contact me with any questions or concerns and we can sort out a meeting time.

SWhitfield@UCitySchools.org or laedison@ucityschools.org

General Foods I Student Information and Signature Page

Parent(s) and/or Guardian(s) Please fill out the following information and return this page to:

Ms. Whitfield, FACS Teacher SWhitfield@UCitySchools.org

Student Name (please print)

Home Phone Number

Please provide the following information below, so that I may contact you:

Primary Parent or Guardian's Name + Relationship to Student (please print)

Email Address: _____

Cell Phone Number: _____

Which method of contact do you prefer? (check all that apply)

email home phone cell phone

My child has food/other allergies Yes No

If yes, please list _____

I have read the class policies. My signature below indicates my understanding of these policies. I will contact the teacher if I have questions regarding grading or other policies.

Student Signature

Date

Parent/Guardian Signature

Date

Classroom Procedures

The reason we have procedures in our daily lives, is so that people can function together and get their needs met efficiently. Rules are different from procedures. Rules, if broken, have consequences. Procedures have no penalties or rewards. We agree to follow procedures because they make our lives functional. We are going to use a few procedures in this class, and I thank you in advance for your cooperation.

Procedure 1: Arrival

Come into class on time, prepared with your materials/books etc. Let's greet one another respectfully. Have a seat and prepare for any possible activity. I will take attendance.

Procedure 2: Tardy Arrival

If you are late to class, put your pass on my desk. Do not disturb our work. Check the counter for any handouts and take your seat.

Procedure 3: Don't talk while myself OR another student or guest is talking

Let's use our listening skills, and respect the speaker while they have the floor to speak.

Procedure 4: Moving about the room

Please respectfully handle your business without disturbing the class, and take your seat soon after.

Procedure 5: Exiting the class

Remain in your seat until the exiting bell rings. Be sure the area around you is clean and push in your chair.

Procedure 6 : Hall Pass

There will always be a time that you need to use the restroom, go to your locker, or visit the office. When this occurs please wait for a break in instruction to ask for permission. No passes will be issued during the first and last 15 minutes of class. I allow one student out at a time so if you notice someone is already out, please wait until they return. I will either write you a pass to your destination or give you the premade pass with your specific location already displayed.

Procedure 7 : Screens

We will be using a Stoplight system in my classroom for screen usage. During red times I will need your full attention and the phone or chromebook should be entirely put away. During yellow times you may need your phone or chromebook to take notes or to complete work. Please be respectful of those around you during these times of usage. During green times you will be allowed to use your technology freely. Let's work together to use technology to enhance our learning, not to hinder it.

EXCEPTION: During lab no phones are permitted as this is a sanitation violation. If/each time a phone is seen being used you will lose one letter grade for that lab.

Procedure 8: Testing

Follow the standard test taking courtesies. Remain quiet while everyone is testing. Raise your hand if you have a question, I will make my way to you. Turn in your test to the correct area, this can change with each test so be sure to listen for directions. NO CELL PHONES allowed-- I will revoke your test if the rules are not properly followed.

Your signature below indicates you understand and agree to follow the procedures while in class. Thank you in advance for your cooperation.

Student Name: _____ Date : _____

Signature : _____