

# ***Foods and Nutrition I***

## ***TEACHER INFORMATION:***

**Tonya Sykes**

Bachelors of Science in FACS Secondary Education, ServSafe Certified Instructor

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## ***COURSE REQUIREMENTS:***

### **Course Description (from NCSCOS or VOCATS Blueprint)**

This course examines the nutritional needs of the individual. Emphasis is placed on food production procedures and techniques, meal management, food groups, time and resource management. Students will experience the importance of working as a team in a hands-on kitchen experience.

English/language arts, mathematics, science, and social studies are reinforced.

Work-based learning appropriate for this course are service learning and job shadowing.

### **Expectations and Goals**

This course is an entry level course; designed to give students the basics in how to independently prepare a meal using appropriate measuring techniques, reading comprehension and safe food handling practices. In this course students will determine the link between nutrition and our health.

### **Grading Scale**

Grading for this course will be as follows:

|                     |             |
|---------------------|-------------|
| <b>Tests</b>        | <b>45%</b>  |
| <b>Quizzes/Labs</b> | <b>35 %</b> |
| <b>Classwork</b>    | <b>20%</b>  |

### **Classroom Expectations**

**RESPECT** is expected at **ALL** times!!

**Log in** to **CANVAS** each Remote Learning day to complete assignments

**CELL PHONE USE** will **NOT** be permitted unless directed by teacher for educational purposes.

Assignments will **NOT** be accepted after due date

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