

FOODS & NUTRITION I

Course Syllabus

Important Information

Office Hours

7:00 a.m. to 7:20 a.m.

2:40 p.m. to 2:50 p.m.

Telephone Number

816-858-2822 x1228

Email

ballh@platteco.k12.mo.us

Webpage

<http://hdballegducation.wixsite.com/facs>

Welcome to Foods and Nutrition I Course. This course is designed to improve the health and quality of life of individual citizens, performance competencies in Family and Consumer Sciences Education program enable student to:

- a) construct meaning related to nutrition, food economics and ecology;
- b) communicate effectively with family members, consumer groups and providers of food and nutrition products and services;
- c) solve problems related to health and wellness, as well as food needs through the application of mathematics and sciences principles; and
- d) make responsible decisions involving family and individual food care of food.

Course Description:

This course is an instructional program that prepares individuals to understand the principles of nutrition; the relationship of nutrition to health and wellness; the selection, preparation and care of the food; meal management to meet individual and family food needs and patterns of living, good economics and ecology, and optimal use of the food dollar.

Course Objectives:

After completing this course the student will be able to:

- Analyzing influences on personal food choices
- Comprehend nutritional principles
- Recognize relationships between nutrition and wellness
- Manage resources to promote good health
- Develop food preparation skills
- Develop social competences

How to SUCCEED in this Class:

1. **PARTICIPATE:** If you don't speak up or get involved in the learning of class you will not be successful in acquiring the essential skill we are aiming for.
2. **ALWAYS DO YOUR BEST ON YOUR WORK:** Practice does make perfect. The more you practice the information the more you will learn. In this class we will do a variety of assessments and each one needs your attention to be done well.
3. **COME TO CLASS PREPARED:** Not only do you need your supplies for class but you ALSO need to bring your motivation and willingness to learn! (A smile never hurt anyone either. 😊)
4. **Be Professional:** This means you are following school rules, using good judgment and polite behavior do a job well. When you are professional you are allowing other students to learn but more importantly you are learning! This is part of being responsible for your words and actions. Remember the GOLDEN RULE – treat others as you would want to be treated.
5. **ASK QUESTIONS:** If you don't understand something or are unsure about an assignment, always ask you classmates or Mrs. Ball for help! We are a team and together we can help make each other better!

Textbook:

Largen, V. & Bence, D. (2010). Guide to Good Food. Tinley Park: The Goodheart-Willcox Company, Inc.

Course Fee:

There is a \$30 course fee to help cover the cost of food and supplies.

Evaluation:

Daily class discussion, individual and group assessments, quizzes, written tests, projects and video analysis with various points can be expected. The final will be a course binder/portfolio with a collection of information that has been discussed throughout the semester.

Assessment Policy:

Assessments will be given as an opportunity to practice knowledge and skills. It will also be used as an evaluation of knowledge related to the course objectives. If you do not turn in an assessment when asked or you are absent, you must then turn it into the missing assessment box with a Student Responsibility slip, which is provided by Mrs. Ball. Deadlines are important! If you know you will be gone on the day an assessment is due, make arrangements with Mrs. Ball to get it turned in before the deadline. If you would like to request to improve on an assessment then complete the Request to Reassess form and attach the required documentation. Then return form to Mrs. Ball for a brief conference. Missing assessments and Request to Reassess will be accepted until one week before the end of each quarter.

To stay connected outside the classroom and be as involved in Foods and Nutrition I, you have our class webpage and blackboard site to look to!

Webpage: <http://hdballeducation.wixsite.com/facs>

A blackboard link is on the above webpage.

Employability Traits

My performance procedures reflect desired traits that employers are looking for in the future workforce. Continuous practice is required to make these traits second nature for an individual: therefore, I have incorporated them into my performance procedures.

Each week students will points for demonstrating the skills in these four areas:

~ Human Relations ~

Examples: Entering and leaving the classroom – manners - Relating to others: tone of voice, body language, appropriate language, etc...

~ Time Management ~

Examples: Punctuality, Supplies Available & Ready, Complete Work, Staying on Task, Following Instructions, etc...

~ Listening ~

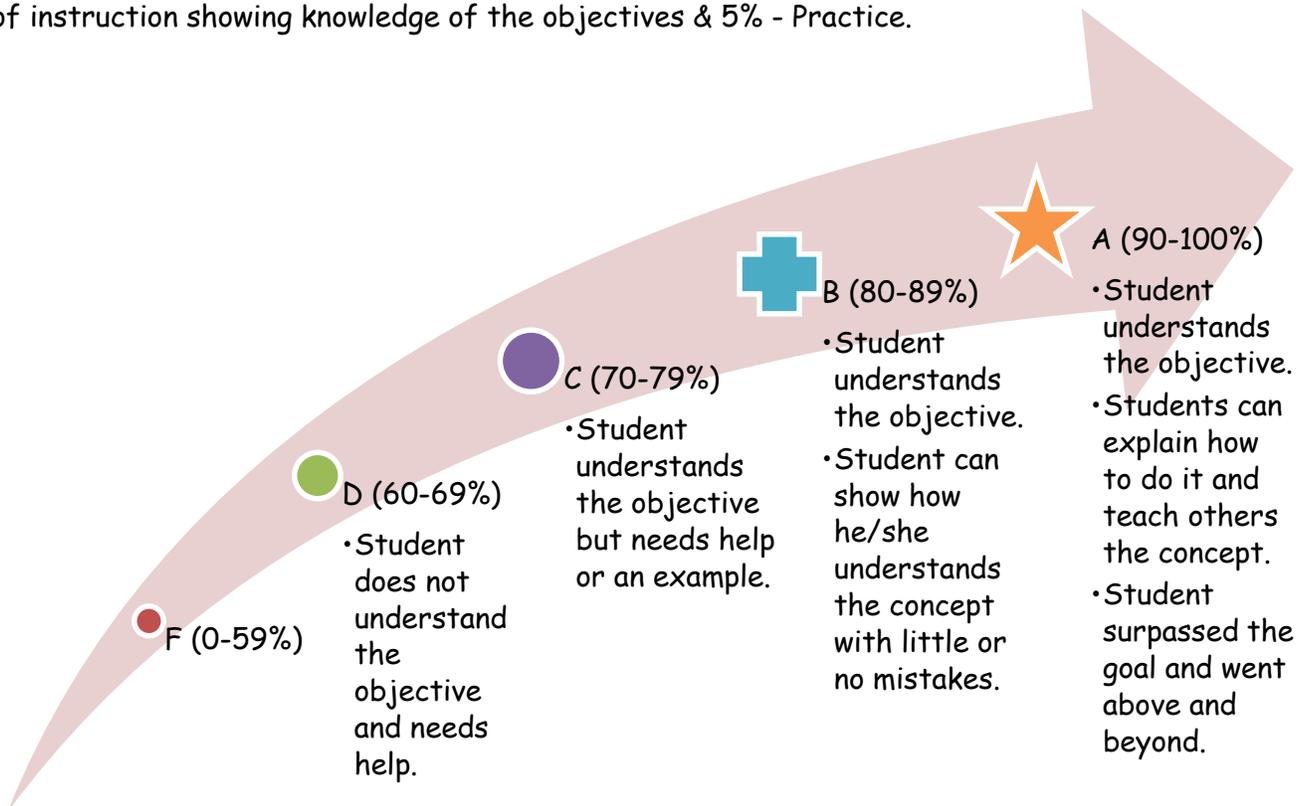
Examples: Hand raising to speak during class discussions, Following question and help procedures, No separate conversations while an individual has the floor, etc...

~ Teamwork ~

Examples: Working with every individual, Doing their share of the assignment or job, Working toward the goal of the group

Grading

The semester grade will be composed of 95% - Cumulative points from the listed various methods of instruction showing knowledge of the objectives & 5% - Practice.



CAUTION

Students should commit themselves to act honestly, responsibly, and above all, with honor and integrity in all areas of their academic life. Students are accountable for everything they say and write and are responsible for the integrity of their work. Academic dishonesty includes, but is not limited to, (1) academic misconduct; (2) cheating; (3) fabrication; (4) plagiarism.

1. Academic misconduct is the act of violating the rules or regulations of a specific class, including but not limited to tampering with grades or obtaining/distributing/using any academic matter to which the student should not have access or does not have permission to use.
2. Cheating is the act of deriving academic benefit from deceit or breaking the rules.
3. Fabrication is the act of claiming to have obtained information from a certain source, but such source does not exist or is fictitious.
4. Plagiarism is using another person's ideas or expressions without acknowledging the source. To plagiarize is to give the impression that you wrote or thought something that you in fact borrowed from someone. Students should not use the work of another and represent it as their own either intentionally or unintentionally. *The responsibility for learning the proper forms of citation lies with the individual student and varies by discipline.* Possible forms of citation include, but are not limited to:
 - Quotations: Quotations must be placed properly within quotation marks and must be cited fully in accordance to class guidelines.
 - Paraphrasing: All paraphrased material must be acknowledged completely. Whenever ideas or facts are derived from a student's reading and research or from a student's own writings, the sources must be indicated.

Punishment for Academic Dishonesty will follow the guidelines set out in the Student Handbook.

Definition created using the following resources: Harvard University Academic Dishonesty Policy, MLA Definition of Plagiarism, and the Blue

Consequences for Making the Wrong Choices

These consequences may not always occur in this order. The severity & frequency of the misbehavior will determine the penalty.

