

Food and Nutrition Syllabus

Ms. Kimbrell / ROOM:1088 / Course Fee \$40 / Prerequisites: None

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Course Description:

Food and Nutrition may be taught as a one-credit-or half-credit course. For a half-credit course, content standards 2, 3, 4, 5, 6, 9, 11, 12, 13, and 18 must be included. Topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on United States Department of Agriculture (USDA) Dietary Guidelines and Food Guide Pyramid; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths.

Course Goals:

- Provide adequate and relevant instruction to produce informed, responsible, productive citizens.
- Continuously improve and upgrade the program to meet the changing needs of the industry, technology and the students themselves.
- Focus on lifelong learning and needs of all students.

Instructional Plan:

The course is broken up into 6 units. Each unit will include project based learning assignments, formative and summative assessments, and instruction that embeds literacy and math skills.

Unit 1: Food

- Analyze national and international food production and distribution systems to determine the influence of each on the food supply.

- Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors.
- Interpret legislation and regulations related to food production and consumption

Unit 2: Nutrition

- Determine nutritional and fitness needs of individuals and families across the life span.
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- Analyze nutritional standards in planning recipes and menus to meet nutritional needs of individuals across the life span.
 - Examples: USDA Dietary Guidelines for Americans, USDA Food Guide Pyramid
- Evaluate the impact of diet fads, food addictions, and eating disorders on fitness and wellness.
- Describe the impact of daily food choices on health and wellness.
- Determine current trends and issues in health, wellness, and nutrition.

Unit 3: Meal Management and Service

- Prepare a nutritious menu.
- Compare the cost and nutritive value of preparing food at home versus purchasing fast food.
- Apply management principles when planning, purchasing, preparing, storing, and serving food.
- Judge the quality of prepared food
- Demonstrate etiquette, manners, and proper table settings for various occasions.

Unit 4: Consumer Sciences

- Describe consumer issues related to meeting needs and wants of individuals and families.
 - Examples: budgeting, establishing credit, purchasing insurance, investing and saving, reporting taxes
- Interpret rights and responsibilities of consumers.
 - Proposing alternative solutions for filing a consumer complaint
 - Comparing advertising techniques used to influence consumers

Unit 5: Cuisine

- Analyze recipes and menus from other countries for nutritional values.
- Demonstrate food preparation techniques used in national and international cuisines.

Unit 6: Special Occasions

- Demonstrate food preparation techniques required when preparing food for special occasions.
- Demonstrate a variety of creative food presentation techniques.

Unit 7 : Technology and Careers

- Determine the impact of technology on food production, choices, and nutrition.
- Identify careers and entrepreneurial opportunities in the field of food and nutrition.

Essential Questions:

- What is the impact of food choices on food production and distribution?
- What is the role of federal legislation and regulations on food production and consumption?
- How do food choices of individuals influence their health and wellness?
- What is the impact of diet fads, food addictions, and eating disorders on fitness and wellness?
- How do your nutritional needs change as you grow?
- What current issues and trends influence health, wellness, and nutrition?
- How is kitchen space organized for efficiency?
- How does technology affect daily food intake?

Professional Student Organization

FCCLA (Family, Career and Community Leaders of America) is the professional student organization for Family & Consumer Sciences classes. You are encouraged to join. Chapter projects focus on a variety of youth concerns, including teen pregnancy, parenting, family relationships, substance abuse, peer pressure, environment, nutrition and fitness, teen violence and career exploration. Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life -- planning, goal setting, problem solving, decision making and interpersonal communication -- necessary in the home and workplace.

Grading Scale

90-100=A

80-89=B

70-79=C

60-69=D

Below 60=F

Industry credentials offered:

ServeSafe Manager

Class Rules and Expectations:

- Respect
 - Ms. Kimbrell
 - The equipment
 - Each other
 - Yourselves
- Adhere to the Bessemer City Schools and Schoology Code of conduct in all online and in class behavior
- Always be Responsible; A few Examples:
 - Always be prepared for class
 - Listen to directions
 - Stay attentive
- Expectations
 - Be flexible and able to adapt to change, this is new for everyone
 - Be patient, polite and courteous
 - Put effort into everything we do in this course
 - Be flexible
 - Be ok Making mistakes, sometimes that's the best way to learn
 - Keep an open mind.

Course Fee and Lab Procedures:

The course fee is \$40 and course fees are used to assist with classroom supplies and materials used in lab assignments. A portion of the fee, FCCLA membership. Becoming a member will allow each student an opportunity to participate in extracurricular activities, competitions, and Field trips. However if the student does not pay fees, abide by rules (School or Classroom), or complete and pass all assignments. He/She will not be allowed to participate. (Unfortunately field trips are limited due to the covid-19 pandemic)

Dress Code: For safety purposes, on lab days students are required to remove all jewelry with the exception of a watch or stud earrings. Hair restraints are required in the kitchen at ALL TIMES. Students may use a hair net or approved hat, All hair, including bangs, must be completely covered by hair restraint at all times. Failure to follow this policy will result in not being allowed into the kitchen lab.

Please sign and return this page only

I have received and read the class syllabus and understand what is expected of me and/or my student this semester.

Parent's Name: _____

Parent's Signature: _____ Date: _____

Student's Name: _____

Student's Signature: _____ Date: _____

Parent Email: _____

Parent Cell Phone #: _____

Prefer to be contacted by email - phone - no preference.

Please contact me in the event of:

_____.

Additional Information; Please List any food allergies:

_____.

Fill out online:



