

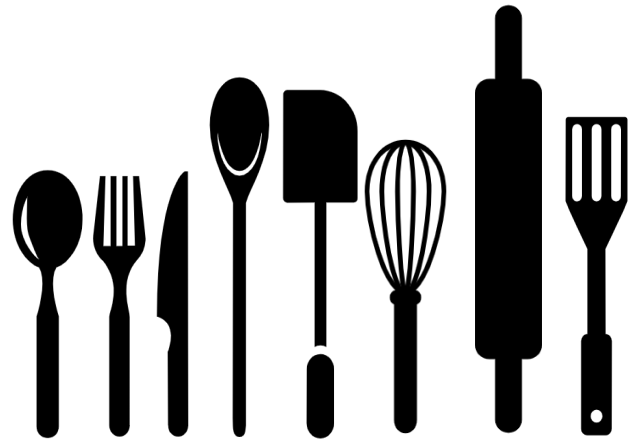
Food, Nutrition, and Wellness



Mrs. White
Room 1411
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Welcome

to FNW



Food, Nutrition, and Wellness is a course designed to allow students to explore the many aspects of a healthy lifestyle with an emphasis on healthy eating, fitness, food preparation skills and food science applications. At the end of the course, students will be able to make better health conscious choices in regard to overall wellness.



Expectations



Be on time



Bring your pencil and notebook each day



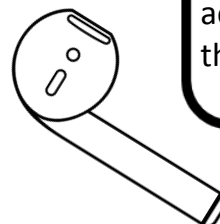
Help with clean up daily
(even if it's not your mess!)



Respect yourself, your peers
(this includes opinions and property!)
and school staff & property



Take responsibility for your own learning
ie. ask for help or ideas, Stay focused during
work time given



Students are permitted to possess cell phones while on school property.

Cell phones should only be utilized during class time as part of the instructional process as directed by the teacher.

Airpods, headphones, bluetooth, etc. should not be used during class.

Students who violate this policy shall be subject to appropriate disciplinary action as stated in the VHS Student Handbook.

cell phone policy

Grades

FNW

Grading Weights and Descriptions

LET'S EAT!



- Minor Assessments- 20%
 - This includes quizzes, labs, minor projects.
- Major Assessments- 45%
 - This includes unit tests and projects.
- Daily Work- 15%
 - This includes participation in class, bellringers, employability skills (identified in CTAE standard 1), etc.
- Final Assessment- 20%
 - This course includes a cumulative exam at the end of the semester.

Course Standards and Outline

Georgia Performance Standards:

HUM-FNW-1. Demonstrate employability skills required by business and industry.

HUM-FNW-2. Examine how FCCLA is an integral part of this CTAE course through leadership development, school and community service projects, and competitive events.

HUM-FNW-3. Analyze factors that influence food choices and quality of diet.

HUM-FNW-4. Evaluate nutritional information in relation to wellness for individuals and families.

HUM-FNW-5. Analyze the effects of food eating behaviors on wellness.

HUM-FNW-6. Investigate the health and nutrition requirements of individuals and families with special needs.

HUM-FNW-7. Analyze food safety and sanitation practices from production to consumption.

HUM-FNW-8. Compare the causes and foods at risk for illnesses.

HUM-FNW-9. Evaluate scientific and technical advances in food processing, storage, product development and distribution for nutrition and wellness.

HUM-FNW-10. Design and demonstrate ability to select, store, prepare & serve nutritious, safe, & appealing foods.

HUM-FNS-11. Research careers related to food, nutrition and wellness.

Course Outline:

The following units will be covered during the course (order subject to change)

Unit 1: FCCLA

Unit 2: A) Food Safety/Sanitation B) Kitchen Equipment/Measuring C) Foodborne Illness

Unit 3: A) Basic Nutrients B) Nutrition Facts Panel C) Calories/Dietary Guidelines

Unit 4: Food Choices and MyPlate

Unit 5: Dietary Disorders

Unit 6: Special Diets and Nutrition

Unit 7: Food processing, storage, and development/distribution

Unit 8: Food, Nutrition, and Wellness related careers

Additional Information

Supplies Needed:

- Notebook/Binder
- Paper
- Pencil
- Colored Pencils/Markers

Textbook:

- *Nutrition and Wellness for Life*
(Cost to Replace: \$106.64)

Chromebooks/Google Classroom:

- To encourage blended learning, online assignments will be posted weekly through Google Classroom. At least one Google Classroom assignment per week will be graded and entered in Infinite Campus. Students should be familiar with how to navigate the online platform, communicate with their teacher, and submit assignments on time. If there are technology limitations, please notify the teacher.

Safety Statement:

A safe and comfortable work environment is provided for all students. When in the kitchen, any electronic device, any foul play or inability to follow teacher instruction will result in a **ZERO** for the current lab. Cooperation will determine when the student may return to the lab.

Lab and Lab Attire Rules-No Exceptions:

Students must adhere to the following rules to participate in lab. Failure to do so may result in a zero for lab or an alternative assignment for partial credit:

- Wear closed-toe shoes
- Hair pulled back completely
- Masks and gloves should be worn
- Stay in assigned group

If you have to miss a lab, please check with me to receive an alternate assignment.

Family, Career, and Community Leaders of America (FCCLA):

FCCLA is an co-curricular student organization that plays an integral part in the components of Family and Consumer Science course standards. FCCLA activities are included throughout this course. Students are strongly encouraged to join to benefit from the wealth of opportunities the organization has to offer.

- **Membership Dues:** \$25 for dues and club shirt (Additional fees may apply to cover cost of conferences/trips)
- **Planned Activities:** Weekly Meetings, Community Service Projects, Fall Rally at the Georgia National Fair, Fall Leadership Conference at FCCLA Campground, Region, State, and National STAR Event Competitions, FCCLA Day at the Capitol, and MORE!



I have reviewed the Food, Nutrition, and Wellness syllabus and shared with my parent/guardian, and we are aware of grading procedures, expectations, and other course requirements. If my child fails to carry out any of his/her responsibilities, I understand the criteria for his/her grading determination.

Sign and Return to Mrs. White by: Tuesday, August 11th

Student Signature: _____

Student Food Allergies: _____

Parent/Guardian Signature: _____