

# Food and Nutrition 1

## Contact Information:

**Instructor:** Miss Laura Schiers

**Room/Office:** #104

**Phone:** 435-633-1695

**Email:** laura.schiers@washk12.org

**Class Instagram:** @fcswithschiers

**Website:** <http://laura-schiers.weebly.com/>

**\*Please check my website and Canvas often for class updates and information.**

**Course Description:** This course is designed to focus on the science of food and nutrition. Experiences will include food safety and sanitation, culinary technology, food preparation and dietary analysis to develop a healthy life style with pathways to career readiness. Laboratory based experiences strengthen comprehension of concepts and standards outlined in Sciences, Technology, Engineering and Math (STEM) education.

- **Class Rules/Expectations:** 1. Be on Time 2. Be Prepared 3. Be Respectful
- **Required Materials/Supplies:** Each student is required to have:
  1. Pen or Pencil
  2. A Good Attitude
  3. \$15.00 Materials Fee (Collected at Registration)
- **Materials Fee:** For the lab/cooking experience portion of this class, there is a one-time **\$15.00 materials fee**. This fee will cover basic cooking lab essentials such as: kitchen staple ingredients, equipment repair, maintenance and replacement, hair ties/hair nets, plastic gloves, sanitizing supplies, first aide materials, etc. ***This fee was already collected during registration, or must be paid to the Finance Secretary as soon as possible.*** If a student is not able to pay, other arrangements must be made with the teacher.
- **Grading Policy:** Grades represent a combination of knowledge learned and skills demonstrated in this class. Grades will be based primarily on assessments, assignments and lab experiences. The grading scale is as follows:

A = 93-100%	B = 83-86%	C = 73-76%	D = 63-66%
A- = 90-92%	B- = 80-82%	C- = 70-72%	D- = 60-62%
B+ = 87-89%	C+ = 77-79%	D+ = 67-69%	F = 0-59%

If a student is receiving an undesirable grade, he/she can meet with me, and together, we can work towards fixing the grade and making up assignments. It is the **student's** responsibility to resolve any missed assignments when absent, even for a school excused absence. I will file daily assignments, handouts, etc., in the classroom where they can be located easily. Also, assignments and announcements will appear on my website as well, where they can be downloaded and completed from any computer with internet access.
- **Homework:** There is a minimal amount of homework in this class. Most assignments can and will be finished during class. However, if a student does not finish the work in class or is absent, it will be assigned as homework. It is expected that they return any homework assignment completed and on the due date. Being absent from class, even for school excused activities, does not excuse a student from the work. It is also expected that students are mentally prepared for class by studying and preparing for quizzes/assessments and coming to class ready to learn. **If a student misses a cooking lab**, they must prepare the item at home. They must then bring a sample of the food item made or a picture of the final product either emailed or shown to me on a phone or camera. Then, they will receive credit for the lab. ***\*In the event of online, or distance learning, adjustments to this policy will be put in place.***
- **Skill Certification:** This course provides students the opportunity to receive a Skill Certificate from the Utah State Board of Education. In order to receive a Skill Certificate, students must demonstrate mastery of the performance skills in Food and Nutrition 1 through lab experiences, assignments and assessments. Students will take the Skill Certification Exam during the week of **December 14<sup>th</sup> – 18<sup>th</sup>**. All students will take the Skill Certification Exam and any student who scores at least 80% or higher and completes all performance skills, (including the Dietary Analysis project), will earn a certificate. Students who do not take the Skill Certification exam will not be eligible to receive a certificate. The score from the Skill Certification Exam will be considered the Final Exam for the course and will be counted on each student's final grade. As per state guidelines, the exam can only be taken once and there will be no retakes available.
- **Late Work Policy:** There will be two times during each quarter that ALL late work will be due; one at midterm and the other at the end of the quarter. After these two due dates, late work will not be accepted. **If you are going to be absent, even due to a school excused absence or educational leave, you MUST either turn in the assignment before you leave or make arrangements with me BEFORE LEAVING to turn it in at a later date.** Students will receive a "0" until assignments are turned in.
- **Hall Pass Policy:** Each student will receive three hall passes per quarter upon returning this disclosure. If the hall passes are not used, they can be turned in at the end of the quarter for five extra credit points each. Three hall pass requests is the maximum that any one student will be allowed per quarter. If this policy is abused, then there will be a zero hall pass policy put into place. The hall pass policy is flexible based upon individual student needs.

- **Testing Policy/Academic Integrity:** SCMS and its teaching faculty demand a high level of scholarly behavior and academic honesty on the part of the students. Violations by students exhibiting dishonesty (cheating) while carrying out academic assignments or tests may result in no credit or other disciplinary action. Many of the assessments, quizzes and tests for this course will be taken online. While taking online tests, students are not to have any other browsers open on the computer screen. Students are not to share or forward individual test results with any other student. Students are not to use any previous test results at any time during the testing process. Failure to follow these guidelines may result in no credit for the assessment or other disciplinary action.
- **Test Retake & Intervention Policy:** Students are expected to prepare for all assessments, both during class time as well as on their own. Any student struggling to understand the concepts taught in this course are welcome to schedule an intervention time with the teacher for more one-on-one instruction. Any student who wishes to improve their overall test score may voluntarily request an intervention/test retake, however the highest score possible after intervention is 80%. It is wise to prepare and study before each assessment.
- **Cell Phones/IPods/Other Electronic Devices:** Cell phones, tablets and other electronic devices may be used as instructional tools for this course. However, students are expected to use these tools responsibly and with teacher permission. Disciplinary action may be taken if a student chooses to use these devices without permission in class. Students will receive one warning before the devices will be taken to the front office where it may be the parent's responsibility to redeem them. The kitchen lab is a cell phone free zone in order to prevent cross-contamination.
- **Movies/Videos:** Throughout the semester, this class *may* have the opportunity to view several educational video clips that relate directly to the state approved curriculum. By signing this disclosure, you give your student permission to view the following movies/videos. If you have any questions throughout the semester regarding video selection or other curriculum issues, please feel free to contact me.  
Movies:  
 Kids Baking Championship (Seasons 1-4)  
 Chopped Junior (Seasons 1-6)
- **Social Media/Instagram:** Pictures of students and student projects may appear on the teacher's social media accounts, including the teacher website and class Instagram account. By signing this disclosure, parents are giving permission for the teacher to post with careful discretion.
- **Distance/Online Learning:** In the event that this course moves to an online, or distance learning format, the student expectations and content rigor will remain constant. Although adjustments will be made and flexibility practiced, students will still be expected to complete all course work by the due dates. Students will need to be familiar with Canvas as it will be used to facilitate distance learning. Because of the nature of this course and the required Performance Skills outlined in the Utah State Strands and Standards, it is expected that students may complete cooking activities at home if necessary. Accommodations and adjustments can be made with the teacher on a one-on-one basis if needed. The teacher will be flexible, adaptable and reasonable while still maintaining a meaningful learning experience.
- **Food Allergies:** Please list ALL food allergies/restrictions: \_\_\_\_\_  
 \_\_\_\_\_

**Students:** I hope you will enjoy this course. It is a fun and valuable program. I am excited to be working with you!

**Parents:** If you have any questions or concerns about classroom procedures or curriculum, feel free to contact me.

**A-Day: Wednesday, August 19<sup>th</sup>**

**B-Day: Thursday, August 20<sup>th</sup>**

Please sign and return this disclosure by: \_\_\_\_\_

\*A copy of this disclosure for reference can be found linked in Canvas or on my class website:

<http://laura-schiers.weebly.com/>

---

**Student Printed Name**

---

**Student Signature**

---

**Class Period**

---

**Parent/Guardian Signature**

*I have read all of the information above and understand what is expected of me/my student in this class.*