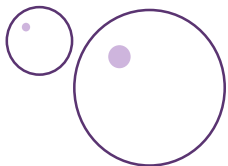


Welcome to Food & Nutrition I

With Laura Schiers

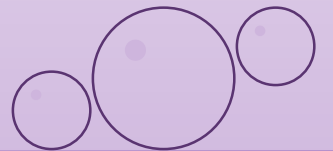
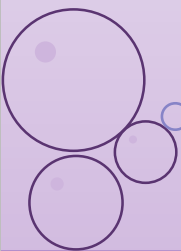




Food and Nutrition I

What does this class cover?

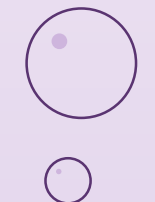
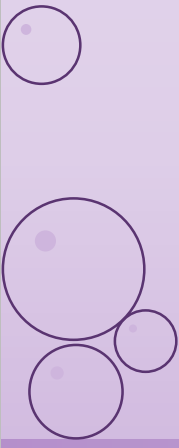

- **Unit 1: Safety and Sanitation (Food Handlers Permit)**
- **Unit 2: Kitchen Management**
- **Unit 3: Carbohydrates**
- **Unit 4: Lipids**
- **Unit 5: Protein**
- **Unit 6: Vitamins and Minerals**
- **Unit 7: MyPlate and Dietary Guidelines**
 - **(*Dietary Analysis Assignment)**





Food and Nutrition I

Is there homework?

- **Daily Homework: NO!**
 - **Periodic Assignments: YES!**
 - **Dietary Analysis Project in Unit 7 (Analyze two days of their regular diet)**
 - **To Make-Up Recipes: Get the recipe, make it at home and bring a sample or send a picture of the student holding the food item.**
 - **Students are expected to be prepared for quizzes and tests by studying and completing in-class assignments.**
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Food and Nutrition I

What supplies will my student need?

- **Pen/Pencil Every Day**
- **Optional \$20.00 fee for Washington County Food Handlers Permit after passing the Unit 1 Assessment**
 - **Assessment: September 4th / September 5th**
 - **Permit Fee Due: August 31st**



**Utah
Restaurant
Association**



Remind

- Free and student safe texting/email service to remind classes about important due dates, projects and assignments. Parents and students are welcome to register to receive these reminders throughout the semester.

**Enter This Number:
81010**



Foods I	Text This Message	@scmsfoods
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Contact Information

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- Google Voice Number: 435-633-1695
- Website: www.laura-schiers.weebly.com



Tell Me About Your Student

- **Using the cards in the pencil box, let me know if there is anything you would like me to know about your student as we work together this year. (Personality, special accommodations, your updated contact information, etc.)**