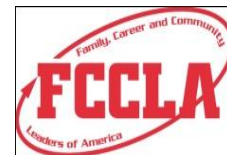




Food & Nutrition 2013-2014

Instructor: Mrs. Virginia Kay Boyd, B.S.
E-Mail Address: vboyd@dentonisd.org
Conference Periods First Block A and B
Phone: 940.369.3140 Room 112
Remind 101 Text @ff3446 to 858-224-0549
Tutorials: 8:15-8:45am By appointment



Course Description This course teaches basic preparation and cooking skills along with nutritional requirements for a healthy lifestyle.

Course Requirements This course is recommended for students in Grades 10-12.

Grading

Daily Work 50%

Work Habits 10%

Projects & Tests 40%

Student Occupational Activity will count as a test grade.

Notebook is required for daily work-will be a test grade.

Class Supplies: Spiral Notebook and Folder with brads.

Outline of Course

First Six Weeks: Importance of Food

Second Six Weeks: Management of Food

Third Six Weeks: Preparation of Food

Fourth Six Weeks: Preparation of Food

Fifth Six Weeks: Food and Careers

Sixth Six Weeks: Foods of the World

Textbook: *Guide to Good Food*-Class Set Only

*Bring Pen, Pencil & Paper Daily

Classroom Expectations & Rules

Students are expected to follow *Ryan High School and Denton ISD* rules as stated in the student handbook.

1. Be on time and prepared to work on class assignments.
2. Respect others and their belongings (No Profanity!!)
3. Utilize class time effectively, listen and follow instructions given in class.
4. Cell phones and other electronic devices must be turned off during class. (no charging of phones)
5. Follow rules and procedures in the student handbook.
6. Be in your assigned area when the bell rings to start class.
7. The daily assignment will be posted each day. All assignments are to be completed independently unless groups have been assigned.
8. Excessive talking, talking out of turn, being disrespectful are signs of immaturity. Please conduct yourself in a pleasing, courteous manner.
9. No late assignments without notifying teacher. This includes make up work.
10. Please leave the room free from litter. Return supplies and books to appropriate location.
11. You are responsible for getting assignments when you are absent from class.
12. Remain seated until the teacher dismisses class. (The bell does not dismiss class!)

Course Texas Essential Knowledge and Skills (a complete list of TEKS can be found at tea.com)

- Discuss functions and sources of nutrition.
- Determine nutritional needs throughout the life cycle.
- Assess long-term effects of food choices on health.
- Compare dietary guidelines and nutritional adequacy of selected diets.
- Evaluate nutritional information to determine fads, fallacies, and facts.
- Plan and prepare menu items from each of the food groups.
- Study the fundamental principles of food preparation and cookery to include cooking techniques, material handling, sanitation, safety, nutrition and professionalism.
- Study personal cleanliness, sanitary procedures ion food preparation and work place safety standards.

Student Organization Opportunities FCCLA- Family, Career, Community Leaders of America

FCCLA is one of the largest vocational student organizations in the U.S. It encourages personal growth, leadership development, preparation for the future, and family and community involvement through family and consumer sciences education. Our goal is to provide the opportunity to expand leadership potential and develop skills for the life planning, goal setting, problem solving, decision-making and interpersonal communication-necessary for the home and work place. We hope your child will want to participate. Denton Youth Fair is in March. We begin to get ready for this event this semester. To participate in the Youth Fair a student needs to be a member of FCCLA. There is a \$15 registration fee for the year. I encourage all to participate. We will be doing a home project both semesters and this project could be used for the Denton Youth Fair.

I look forward to working with your student this semester. Your support and encouragement is appreciated.
Please contact me if there are any questions or concerns.

One Supply Due By end of 1st 6 weeks

- 1 package Gallon Zip Bags
- 1 package Freezer Bags
- 1 package Sandwich Size Bags
- 2 rolls Paper Towels
- 1 package Napkins

Student Printed Name _____

Parent Signature _____

Contact Number _____

Email Address _____

130.245. Lifetime Nutrition and Wellness (One-Half to One Credit).

(a) General requirements. This course is recommended for students in Grades 10-12. Recommended prerequisite: Principles of Human Services, Principles of Hospitality and Tourism, Principles of Health Science, or Principles of Education and Training.

(b) Introduction.

(1) This laboratory course allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.

(2) Students are encouraged to participate in extended learning experiences such as career and technical student organizations and other leadership or extracurricular organizations.

(c) Knowledge and skills.

(1) The student understands the role of nutrients in the body. The student is expected to:

(A) classify nutrients, their functions, and food sources and compare the nutritive value of various foods;

(B) assess the effects of nutritional intake on health, appearance, effective job performance, and personal life;

(C) analyze and apply various dietary guidelines throughout the life cycle, including pregnancy, infancy, childhood, and late adulthood; and

(D) compare personal food intake to recommended dietary guidelines.

(2) The student understands the principles of digestion and metabolism. The student is expected to:

(A) describe the processes of digestion and metabolism;

(B) calculate and explain basal and activity metabolisms and factors that affect each;

(C) apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness;

(D) locate community resources that promote physical activity and fitness; and

(E) explain the relationship of activity levels and caloric intake to health and wellness, including weight management.

(3) The student demonstrates knowledge of nutritionally balanced diets. The student is expected to:

(A) research the long-term effects of food choices;

(B) outline strategies for prevention, treatment, and management of diet-related diseases such as diabetes, hypertension, childhood obesity, anorexia, and bulimia;

(C) determine the effects of food allergies and intolerances on individual and family health;

(D) plan diets based on life cycle, activity level, nutritional needs, portion control, and food budget;

(E) develop examples of therapeutic diets;

(F) analyze advertising claims and fad diets with the recommendations of the Recommended Dietary Allowances;

(G) analyze current lifestyle habits that may increase health risks;

(H) identify community programs that provide nutrition and wellness services;

(I) examine the nutritional value of fast foods and convenience foods;

(J) read and interpret food labels; and

(K) examine and explain nutritional serving sizes.

(4) The student understands safety and sanitation. The student is expected to:

(A) demonstrate safe and sanitary practices in the use, care, and storage of food and equipment;

(B) explain types and prevention of food-borne illnesses; and

(C) practice appropriate dress and personal hygiene in food preparation.

(5) The student demonstrates knowledge of food management principles. The student is expected to:

(A) read and comprehend standard recipes;

(B) correctly use standard measuring techniques and equipment;

(C) demonstrate correct food preparation techniques, including nutrient retention;

(D) use food buying strategies such as calculating food costs, planning food budgets, and creating grocery lists;

(E) demonstrate food preparation techniques to reduce overall fat and calories;

(F) practice etiquette, food presentation, and table service appropriate for specific situations; and

(G) apply food storage principles.

(6) The student demonstrates effective work habits. The student is expected to:

- (A) participate as an effective team member demonstrating cooperation and responsibility;
 - (B) apply effective practices for managing time and energy to complete tasks on time; and
 - (C) practice problem solving using leadership and teamwork skills.
- (7) The student investigates careers in nutrition. The student is expected to:
- (A) compare and contrast education or training needed for careers in nutrition;
 - (B) establish personal short-term and long-term career goals; and
 - (C) analyze entrepreneurial opportunities in nutrition.

Source: The provisions of this §130.245 adopted to be effective August 23, 2010, 34 TexReg 5929.