

# Nutrition and Wellness I Syllabus

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**Credit:**  $\frac{1}{2}$  Practical Art

## Course Description:

The Nutrition and Wellness I course is an instructional program that introduces the basics of food and overall nutrition. This is a hands-on approach to wellness that will include basic food preparation techniques.

## We will examine:

- The principles of nutrition
- The relationship of nutrition to health and wellness
- The selection, preparation and care of food
- Safety and sanitation practices
- Meal management to meet individual and family food needs
- The application of related math and science skills

## Course Outcomes/ Objectives:

1. Explain physical, emotional, social, psychological, and spiritual components of individual and family wellness.
2. Determine influences on personal food choices.
3. Identify safety and sanitation practices.
4. Use various nutrition guidelines (eg. MyPlate.gov, and dietary guidelines)
5. Apply various dietary guidelines in planning to meet nutrition and wellness needs.
6. Explore the six essential nutrients and determine how they affect health.

**Required supplies: (This is an elective CHOSEN by you. In taking this class- you agree to bring these materials each day. If materials are not brought, alternative lessons may be given and labs may have to be completed at home; with you responsible for supplying evidence of your learning to me. This will be discussed individually if/as needed.)**

- Composition Notebook
- Pen/Pencil
- Colored pencils
- Glue stick
- Learning mindset with a positive attitude

## Student Assessment:

This class is a standards based class. Unit and final grading is based on individual work. Although students frequently work in groups to complete activities and assignments, each student will be graded on an individual basis.

## Tardy Policy:

When a student fails to report to his/her assigned class at the proper time, he/she is considered tardy. Tardies are counted per class and are cumulative for the semester. The high school tardy policy will be enforced.

## Class Expectations

- Every class will begin with Bell Work. It is written on the board when you come in. You will write on the Same page Monday through Friday and then I will collect them on Fridays.
- Personal Technology: Cell phones, I-Pods, MP3's, etc. should be out of sight upon entering the classroom (this includes ear buds, headphones, cords, etc.). There will be times when technology may be used, but those times will be designated by the teacher. No personal technology may be used during assessments of any kind (formative or summative).
- Library Time: Use your time wisely. Students are expected to be on task. Inappropriate use of the computer or your computer time will result in removal of computer privileges. Absolutely no food or drink will be allowed in the library at any time!

## Lab expectations:

Safety is of the utmost important when working with the equipment in this classroom. Safety violations of any kind will not be dealt with and students will be removed from the cooking lab. Your performance in the lab will be included in your overall safety and sanitation grade.

## Reassessment Deadlines:

Reassessment deadlines are established by the school and will be enforced.

1st quarter: November 18

2nd quarter: December 15

## Standards-Based Learning Scale:

We will use the following SBL scale in this class:

- **4.0** I have an in-depth understanding of the expected knowledge and skills and can show my expertise by using it to problem solve and think critically.
- **3.5** I know all of the expected knowledge and skills for the topic and have some success applying them.
- **3.0** I know all of the expected knowledge and skills for the topic.
- **2.5** I know all of the foundational and some of the expected knowledge and skills.
- **2.0** I know all of the foundational knowledge and skills on my own.
- **1.5** I know all of the foundational knowledge and skills, but I still need support for some of it.
- **1.0** I know all of the foundational knowledge and skills, but I need support for all of it.
- **0.5** Even with support, I don't know all of the foundational knowledge and skills.
- **0.0** I hardly know any of the foundational knowledge and skills.

## FACS Golden Rule:

**This is a vocational course designed to prepare you for employment. If your behavior wouldn't be tolerated in the workplace, it won't be tolerated in class.**

## Units Covered:

Unit 1: Equipment, Safety, and Sanitation

Unit 2: Carbohydrates

Unit 3: Protein

Unit 4: Vitamins and Minerals

Unit 5: Fats

Unit 6: Dietary Guidelines and Nutrition Tools