

ALLEGANY COUNTY PUBLIC SCHOOLS HIGH SCHOOL COURSE SYLLABUS 2013-2014

Course Title: 853M-Nutrition and Food Preparation (Grades 10-12) Teacher: Ms. Hoffman

Planning Time: 1st Period 7:45-8:30

School Phone: 301-777-2570 ext: 123

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Course Description: *Nutrition and Food Preparation* (Grades 10-12; 1/2 credit) is a one semester course that prepares students to make a lifetime of healthy food choices. Topics include healthful eating, meal management, basic kitchen skills, buying and preparing foods, serving foods and dining out. Emphasis will be placed on nutrition and planning balanced meals. Students will practice a variety of culinary skills related to recipe usage, kitchen appliances and equipment, handling food and maintaining a safe and sanitary kitchen.

Text/Materials of Instruction - Required:

- Textbook: Skills for Living. Goodheart-Willcox Company, Inc. 2008. ISBN: 978-1-59070-668-8.
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Grading/Evaluation:

County Grading Scale– Marking Period

Percentage	Grade
100% – 90%	A
89% – 80%	B
79% – 70%	C
69% – 60%	D
59% – 50%	F

Teacher’s Grading Structure – Marking Period

Assignment Categories	Percentage of Grade
Quiz	25%
Test	25%
Food Lab	25%
Class Work	25%

Additional Expectations:

Students are expected to come to class with a notebook or folder for organizing assignments.

853M--NUTRITION AND FOOD PREPARATION—COURSE OVERVIEW
Semester Course

1st QUARTER

- I. HEALTHFUL EATING**
 - A. Nutrients at Work for You
 - B. Making Daily Food Choices
 - C. Nutritional Needs Change
 - D. Balancing Calories and Energy Needs

- II. MEAL MANAGEMENT**
 - A. Planning Meals
 - B. Shopping for Food
 - C. Buying Information
 - D. Storing Foods

- III. PREPARING TO COOK**
 - A. Knowing Your Equipment
 - B. Safety and Sanitation
 - C. Using a Recipe
 - D. Cooking Smart

Foods determined each quarter at teacher discretion.
Assessments: Performance projects/ Food labs
Tests and Quizzes

2nd QUARTER

- IV. BUYING, STORING, AND PREPARING FOODS**
 - A. Meat, Poultry, Fish and Alternatives
 - B. Fruits and Vegetables
 - C. Grain Products
 - D. Milk and Milk Products

- V. SERVING FOOD AND DINING OUT**
 - A. Serving Food
 - B. Making Dining Enjoyable
 - C. Dining Out

Foods determined each quarter at teacher discretion.
Assessments: Performance projects/ Food labs
Tests and Quizzes