

**Course Title:** Nutrition

**Department:** Unified Arts

**Teacher Contact Information:** Alexandra Washburn, 802-476-4811 ext. 2010,  
[awashshs@buusd.org](mailto:awashshs@buusd.org)

**Department Chair Contact Information:**

Brendan Eaton, 802-476-4811 ext. 1230, [breatshs@buusd.org](mailto:breatshs@buusd.org);

Rebecca Elgood, 802-476-4811 ext. 2015, [relgoshs@buusd.org](mailto:relgoshs@buusd.org)

### Course Description:

The objectives of this quarter-long course focus on learning skills that will help students make informed decisions in the areas of nutrition, food preparation, and meal planning. Put on your chef hat to get ready to make some delicious and nutritious meals!

### Nutrition Topics:

Food Safety, Disease Prevention, Food Preparation Skills, USDA MyPlate Guidelines, Application of Nutrition principles, Nutrition Facts Labels, Recipe Modifications & more!

### List of Assessed Course Standards:

Food Production, Safety & Services

Self Management Skills

Food Science, Dietetics, & Nutrition

### Practice Assignments:

There will be many learning opportunities such as activities, games, videos, written reflections, notes/graphic organizers, quizzes, food preparation labs and other assignments to serve as practice for skill development. These tasks will be listed in Infinite Campus as “Assignments” under the progress report term they were assigned. These learning opportunities will be reviewed by the teacher and students’ progress will be marked using this language:

“Assignment” scoring language used in Infinite Campus:	This means:
“Reviewed”	The teacher has reviewed the student’s evidence and provided feedback as needed for the student to review.
✓ or “Turned In”	The student has submitted evidence and the teacher is in the process of reviewing and providing feedback.
“Incomplete”	Student’s evidence is missing some components. The student should return to the task to ensure they’ve followed directions and submitted evidence of their best work.
“Missing”	The suggested due date has arrived and the student has not submitted any evidence for the task yet.

These learning opportunities will not be formally graded, however, you will be **expected** to complete all learning opportunities because they are designed to help you develop the health skills and knowledge required for this course and progress towards proficiency and exemplary work. Mrs. Washburn will provide feedback on these tasks to help you continue improving. Feedback will mainly be provided on assignments in Google Classroom and during food preparation labs/demonstrations.

## Assessment:

After multiple practice opportunities, you will be assessed on your learning and skill development. Assessments may include projects, food preparation demonstrations, quizzes and other assignments that will give you a chance to show your knowledge and skills. **Assessment tasks will receive a formal score in Infinite Campus (Exemplary, Proficient, Developing, Beginning, Insufficient Evidence)**. Due dates for all assignments will be listed in Google Classroom. Due dates are listed to help you meet the requirements of the course. Students should do their best to meet deadlines. If you find that you are working diligently on a task but do not finish before the deadline, simply communicate that to Mrs. Washburn and ask for a small extension. Deadlines can be flexible, within reason. Your teacher wants you to be successful and turn in work you are proud of. Reach out to me and I will help you make a plan to get caught up.

## Supports for academic success:

All students will participate in weekly check-ins to clarify what is due and what to expect to help you stay accountable with your academic responsibilities. About every 3 weeks, you will receive a Progress Report score (Meeting Expectations - *Mtg*, Below Expectations - *Below*, Unsatisfactory - *Unsat*, or Not Yet Introduced - *NYI*). Students with scores of *Below* or *Unsat* at this time will attend Required Office Hours the next afternoon where you will work with Mrs. Washburn to discuss what can be done to improve and create a Plan for Academic Success form (PAS). Your PAS will be shared with your advisory teacher, case manager, school counselor, guardian(s), and any other school-related adult that can be a support for you. If you don't follow through on your PAS plans, or you do not attend the Required Office Hours, you will lose the opportunity for reassessment at the end of the quarter. Please do your best to complete assignments in a timely manner. Please reach out to Mrs. Washburn or another school adult if you need support.

Mrs. Washburn's academic support schedule:

**AM Block, Band Block A, Band Block B, & after school**

\*Please reach out me to schedule in advance\*

## Classroom Expectations:

- Follow all school safety protocols outlined in the SHS Student Handbook
- Follow kitchen safety lab procedures
- Please make sure to attend all classes unless you are ill
- Participate respectfully while in class:
  - Be present and engage in the learning activities
  - Put all distractions away while in class. Cell phones must be stored in your bag, locker or the cell phone holder station at the front desk of the classroom.
- Be prepared:
  - Arrive ready to learn and cook!
  - Please bring your charged chromebook and charger to all lessons
- Turn in your own work and not plagiarize or copy from others. (Follow Spaulding's Academic Honesty policy).

---

I have read and understand the attached syllabus, including the attached list of assessed course standards. I know how to contact the teacher and/or access the syllabus in the future should questions arise.

Student's Name: (please print) \_\_\_\_\_

Block: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_