Online Supplemental Course Syllabus Outline

Every online supplemental course must have an up to date syllabus that contains the following headings. The syllabus must be made available upon request to students, parent/guardian, and enrolling districts.

Course title: Food & Nutrition

Term base:

- ☐ Quarter
- ☐ Trimester
- ☑ Semester
- ☐ Year

Minnesota academic standards taught and assessed: (list)

See Attachment

Required course assessments: (list)

Labs/Evaluations, Special Projects, Cullinary Assessments

Instructional methods:

- ☑ Primarily asynchronous
- ☐ Mix of asynchronous and synchronous
- ☐ Primarily synchronous

Describe: Notes, labs and assignments are posted for students to complete each week.

Teacher Name: Kaia Bergeson **Minnesota Teaching Licensure:** Home Economics

Describe how the teacher will communicate with:

- The enrolling district: Email w/ Director & School Counselor
- The student: Moodle, JMC, Email, School Counselor
- Parent/guardian: JMC, Email

Supports available: (describe)

Myself, notes for each unit, websites, articles.

Minnesota Statutes, section 124D.094 Subdivision 1 (e) "Online course syllabus" means a written document that identifies the state academic standards taught and assessed in a supplemental online course under paragraph (j); course content outline; required course assessments; instructional methods; communication procedures with students, guardians, and the enrolling district under paragraph (d); and supports available to the student.

Food & Nutrition Standards Addressed

Minnesota FACS Frameworks/Standards/Benchmarks
1.1- 4 , 3.1-7, 4.1-6, 5.1-4, 6.1-6, 7.1-2

National Standard
MN State Standard
Benchmarks/Competencies
14.1.1
MNW 1.1
Examine the cultural, social, psychological, and spiritual impact on individual and family.
14.1.2
MNW 1.2
Analyze individual and family influences on food choices and other nutritional practices.
14.1.3
MNW 1.3
Analyze the governmental, economic and technological influences on food choices and practices.
14.1.4
MNW 1.4
Analyze the effects of global and local events and conditions on food choices and practices.
14.3.1
MNW 3.1

Apply USDA Dietary Guidelines to meet nutrition and wellness needs, including portion sizes and nutritional value of food.
14.2.4
MNW 3.2
Describe how to read and interpret food labels.
14.2.1
MNW 3.3
Identify food sources and functions of nutrients on wellness.
14.3.1
MNW 3.4
Compare personal food intake to recommended dietary guidelines.
14.3.2
MNW 3.5
Analyze and apply various dietary guidelines for individual needs.
14.3.2
MNW 3.6
Design dietary strategies that meet health and wellness needs of individuals with special needs.
14.2.2
MNW 3.7

Compare the relationship of nutritional intake and activity levels to health and wellness.
14.3.3
MNW 4.1
Comprehend proper measuring equipment equipment, techniques, abbreviations, and equivalents.
14.3.3
MNW 4.2
Demonstrate correct food preparation techniques including nutrition retention.
14.3.3
MNW 4.3
Apply food buying strategies such as calculating food costs, planning food budgets and creating market orders.
14.3.3
MNW 4.4
Demonstrate food preparation techniques to reduce overall fat and calories.
14.3.3
MNW 4.5
Practice food presentation appropriate for specific situations.
14.4.1
MNW 4.6
Practice problem solving when planning, preparing, and serving a nutritious meal.
14.4.1
MNW 5.1
Identify conditions that promote food safety and handling.
14.4.2
MNW 5.2
Practice food safety and sanitation principles throughout the food preparation process.

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