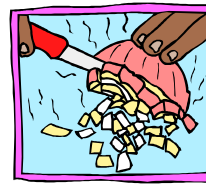


Discovering Foods

West Fargo High School
801 9th Street East
West Fargo, ND 58078
(701) 356-2050



Instructor: Ms. Lentz

Classroom: 105M

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Available: M-F *email is the best way to reach me*

Course Description:

Discovering Foods is an introductory course in nutrition and food preparation. Students will learn preparation techniques of grains, vegetables, fruits, dairy, eggs, meat, poultry, breads, and pastry. This content will be supported through food labs, diet analysis, guest speakers, and a variety of learning activities.

Required Text:

Guide to Good Food. Largen, Velda L. and Bence, Deborah L. (2012)

Class Materials Needed Daily:

- Textbook
- Tablet *charged*
- Pencil or Pen
- Any assignments or project materials required for class that day
- **Hair tie** for lab days if your hair past your chin

Standards and Objectives:

8.2 Demonstrate food safety and sanitation procedures.

8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.

8.2.2 Employ food service management safety, sanitation program procedures, including CPR and first aid

8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross-contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.

8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.

8.3.1 Operate tools and equipment following safety procedures.

8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.

8.4 Demonstrate menu planning principles and techniques based on standardized recipes.

8.4.3 Analyze food, equipment, and supplies needed for menus.

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.

- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
 - 8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
 - 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
 - 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
 - 8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
 - 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
- 14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan.
- 14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance.
 - 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.
- 14.4 Evaluate factors that affect food safety from production through consumption
- 14.4.1 Analyze condition and practices that promote safe food handling.

Units of Study:

1. Food Safety (1-2 weeks)
 - Ch. 2: Safety and Sanitation
2. Getting Started in the Kitchen (1-2 weeks)
 - Ch. 3: Basic Skills and Equipment
 - Ch. 4: Recipe and Work Plan
3. Nutrition (1-2 weeks)
 - Ch. 6-7: Nutritional Needs
 - Ch. 8-9 : Making Healthful Choices
4. Food Preparation (10-12 weeks)
 - Ch. 16: Grains
 - Ch. 18: Vegetables
 - Ch. 19: Fruits
 - Ch. 20: Dairy
 - Ch. 21: Eggs
 - Ch. 22: Meat
 - Ch. 23: Poultry
 - Ch. 17: Breads
 - Ch. 26: Cookies

*Your best work each day shows me your persistence. If you have it, I guarantee you will be paid in dividends.
Dividends=A's, Kitchen Confidence, POG, Career-Ready*

Taste Testing:
It is required to try at least one bite of food you prepared in class.
We ask that while tasting food prepared in labs or a taste testing demo you be respectful and keep comments positive.

Course Grading & Requirements:

All work will be assigned a point and given a due date. Course grades will be calculated on a total points system. The percentage scale will be applied to your total points.

The requirements for this course include daily work (chapter worksheets, daily participation, quizzes), unit tests, and project/activity participation. Note taking is also required but may not always be part of your grade.

Grading Scale

A=90-100%

B=80-89%

C=70-79%

D=60-69%

F=59% and

If You Have a Disability:

The teacher and special education case manager will communicate regarding any accommodation(s) or modification(s) that need to be made. As a student, it is important to advocate for yourself and let us know what is or is not working so we can help you succeed.

Accountability for Assignments:

Homework and Make-Up Work: You must turn in all work on time. Homework assignments are due at the beginning of the next class period when in person and by the deadline established on Schoology if online. Any work turned in later is considered “late” and will only be accepted within the chapter we are in and before the chapter test. Late work will deduct points by 1 per day late. Consideration will be given to the CRP grade. (See Career Ready Practices)

- You are responsible for getting make-up work from the teacher and to hand it in.
- It is your job to check Schoology for assignments when absent.
- In order to participate in lab, you need to be caught up with any missing/late work. (some flexibility may be given with unit work pertaining to specific labs).

Career Ready Practice Grades:

Each week students will receive a Career Ready Practice (CRP) score. Students will be given a score of **0-20** based on competencies a responsibility and contributing citizen and employee should have. An attached rubric of the CRP Rubric is on the back page.

Missed Work/Make-Up Work:

- **Excused absences:** If you are not present in class due to an excused absence (i.e. illness or family member emergency) on the day of a test or when an assignment is due, you need to be prepared to turn the work within two days of the return to school.
 - If you know you will be gone in advance (i.e. sporting event, field trip, etc.) make arrangements with your teacher prior to your absence.
- **Unexcused absences:** Missed work as a result of an unexcused absence will result in a ZERO (%).

- It is **YOUR** responsibility to come ask the teacher for your missed work when you are gone and/or check the daily requirements on Schoology.
- Most work is completed in class. If not, you must hand it in by the next class day to receive full points. I will not ask for missed assignments. I will assign a 0 in Powerschool if there is no work handed in by the due date.

Classroom Expectations:

These expectations are in place to ensure that we will have a safe and orderly classroom to allow each and every person the opportunity to reach his/her maximum potential. Expectations for safety, health, and sanitation will be strongly enforced.

- **ELECTRONICS:**
 - Phone and ear buds are not allowed during class time. They should not be seen or heard according to school policy. It is your responsibility to manage your phone use at school determined time. If you are found with it and you fail to put it away, be prepared to turn it into the teacher until the end of the class or day. If you are a repeat offender, be prepared to serve detention.
- **1:1 DEVICES (iPads)**
 - iPads are a learning tool and **MUST** be charged and ready to go in class. (Have your charger with you)
 - There will be class periods where we use the iPads, and there will be class periods where we do not use the iPads.
 - iPads will be kept in their cases and away unless I ask you to get them out and use them for a specific task.
 - Watching sports or gaming is prohibited during class work time unless you are finished and your work is handed in.
- **BATHROOM**
 - You must you EHall Pass. Can only be requested after the first 20 minutes of class or after instruction whichever is first.
- **E RESPECTFUL!**
 - For all people, equipment, and furnishings in the classroom.
 - This class period is to be used for this course only during class time.
- **BE ON TIME**
 - In your SEAT when the bell rings (Tardy = time after class or lunch detention)
- **BE PREPARED**
 - You must come prepared for class with required materials listed above.
 - You can refer to the daily agenda on Schoology for additional items needed.
 - A * designates and assignment is due on your weekly agenda.
- **BE RESPONSIBLE**
 - For your behavior, attitude, and school work
 - Follow directions. Ask for clarification if necessary.

- Assignments/tests/quizzes need **first name, last name, and period Block/Day)**
- Students are expected to remain in their seats until the bell rings.
- Remember, no food beyond the commons or the classroom.

- **LABS**

- Labs are EARNED, not given.
- If you have behaving in the classroom is something you struggle with, I can't risk that misbehavior in the lab as it can be a safety concern. **Be on your best behavior, always.**
- If your work for the unit is not complete, you will not be allowed to participate in that unit's lab.
- If you miss a lab, that lab needs to be made up at home. If you need assistance with obtaining the necessary ingredients for the lab, please see me, Ms. Lentz
- Absolutely NO cell phones in the lab. If you have a phone in the lab, it will result in a ZERO.

Quarantine Expectations

If you are required to quarantine and are healthy (healthy meaning that you can function and are not sick ridden to your bed), here are your expectations.

- You will still be responsible for checking Schoology and completing your tasks and assignments.

Sometimes It's hard for a teacher to know if a student is struggling. I can't help you if I don't know you need help! If at any time you need help, whether on an assignment, note taking, or just a general question, please come and talk to me. I'm also available through phone or e-mail contact.

Ms. Lentz

For 5 extra credit points, share this syllabus with your parents/guardians & have them sign.

I have read the classroom syllabus and understand the class policies and requirements listed. I plan to work hard and do my best in this class.

Student signature: _____ Date: _____

I have read through and discussed the syllabus with my student. We agree to the class policies and requirements listed and will contact Ms. Lentz through email or phone call with any questions or concerns I have in the future.

Parent/Guardian Signature: _____ Date: _____

Career Ready Practice Rubric

Career Ready Practices							
1. Act as a Responsible and Contributing Citizen and Employee							
<i>Career-ready individuals understand the obligations and responsibilities of being a member of a community, and they demonstrate this understanding every day through their interactions with others. They are conscientious of the impacts of their decisions on others and the environment around them. They think about the near-term and long-term consequences of their actions and seek to act in ways that contribute to the betterment of their teams, families, community, and workplace. They are reliable and consistent in going beyond the minimum expectation and in participating in activities that serve the greater good.</i>							Points Given
Individual Expectations	Looks/Sounds Like	Exceeds Expectations	Meets Expectations	Approaching Expectations	Not Yet Reached Expectations	Keyword(s)	
Conduct self in a respectable, appropriate manner.	<ul style="list-style-type: none"> Appropriate Language Appropriate technology usage Respect Self/Others personal Space Engaged 	Demonstrates appropriate behavior in various settings. Always acts respectfully towards others.	Demonstrates appropriate behavior. Acts respectfully towards others.	Attempts to demonstrate appropriate behavior. Occasionally acts respectfully towards others.	Does not demonstrate appropriate behavior. Often does not act respectfully towards others.	Appropriate behavior	
Dresses appropriately for the task	<ul style="list-style-type: none"> Wear proper Lab equipment Wears suitable attire for events 	Demonstrates appropriate appearance in various settings.	Demonstrates appropriate appearance.	Attempts to demonstrate appropriate appearance	Does not demonstrate appropriate appearance	Appropriate appearance	
Work positively	<ul style="list-style-type: none"> Encourage/helping others Cooperative Offer solutions, not complaints 	Has a positive outlook and creates a positive work environment for all involved while working on <u>projects</u> .	Is constructive with criticism when working with others. Has a positive attitude towards tasks, projects and <u>others</u> .	Occasionally has a negative attitude towards tasks, projects, and/or others.	<u>Typically</u> is negative toward tasks, projects, and/or others.	Attitude	
Utilize time and manage workload efficiently.	<ul style="list-style-type: none"> Timeliness Organization On Task Engaged in classroom activity 	Completes tasks ahead of schedule by creating a plan and scheduling time to complete the work.	Completes work on time by taking advantage of the time provided and by using time management skills.	Occasionally completes work on time.	Never completes work on time and does not use time management skills.	Time management in work	
Accountable for results.	<ul style="list-style-type: none"> Demonstrate Initiative No Excuses/Blame Learn from experiences Accept constructive criticism 	Consistently and accurately completes tasks and takes responsibility for work.	Takes responsibility for work completed and not completed.	Takes limited responsibility for not completing work.	Does not take responsibility for completed or uncompleted work.	Responsibility	