



# Discovering Foods

West Fargo High School  
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## **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, and poultry. 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 **AND** pen
- Any assignments or project materials required for class that day
- **Hair tie** for lab days if your hair is touching your shoulders

## **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: Safeguarding Health
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: 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

*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, 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 negative comments to yourself.

**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.

<b><u>Grading Scale</u></b>
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 accommodations or modifications 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 class period when in person and by the deadline established on Schoology if online. Any work turned in later is considered "late." Late work will deduct points from your weekly CRP grade. (See Career Ready Practices)

- You are responsible for getting make-up work from the teacher and to hand it in on the required date.
- 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:**

- **Absences (excused or unexcused):** If you are not present in class due to an 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 in on the day 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.
- It is **YOUR** responsibility to come ask the teacher for your missed work when you are gone. If you do not come ask for your missing work, your work will be counted late.

## **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:**
  - Phones & smartwatches are not allowed during class time. They should not be seen or heard according to school policy. 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 and other penalties as the policy states.
- **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.
- **BE RESPECTFUL!**
  - For all people, equipment, and furnishings in the classroom.
  - This class period is to be used for this course only. If you are caught working on other class work or reading for leisure when you should be working for this class, it will be taken away.
- **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 must provide a book cover for your textbook.
- **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 and day.**
  - Students are expected to remain in their seats until the bell rings.
  - Remember, no colored beverages beyond the commons. Beverages are allowed in the classroom.
- **LABS**
  - Labs are EARNED, not given.
  - If 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 fooling around in the lab. If you are, you will be warned once and will receive a ZERO in the lab, if warned twice.

• **LEAVING CLASS**

- All requests for leaving class must be made through E Hall Pass. Requests will not be accepted during Class instruction or within the first 10 minutes of class.
- Remember, back-packs cannot accompany you to the bathroom.
- When leaving class for the day, please clean up your area and stay seated until the bell rings.

• **EXTRA CREDIT**

- Every time you prepare food from scratch at home, you can receive 3 points extra credit. All you need to do is have a parent/guardian sign a piece of paper saying what you made and show me a picture. This can be done up to 10 times for 30 points extra credit.
- There will be 3-6 extra credit opportunities throughout the Semester.

**Sick and/or Quarantine Expectations**

If you are required to quarantine and/or sick, 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

<b>Career Ready Practices</b>							
<b>1. Act as a Responsible and Contributing Citizen and Employee</b>							
<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)	
<b>Conduct self in a respectable, appropriate manner.</b>	<ul style="list-style-type: none"> <li>• Appropriate Language</li> <li>• Appropriate technology usage</li> <li>• Respect Self/Others personal Space</li> <li>• Engaged</li> </ul>	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.	<b>Appropriate behavior</b>	
<b>Dresses appropriately for the task</b>	<ul style="list-style-type: none"> <li>• Wear proper Lab equipment</li> <li>• Wears suitable attire for events</li> </ul>	Demonstrates appropriate appearance in various settings.	Demonstrates appropriate appearance.	Attempts to demonstrate appropriate appearance	Does not demonstrate appropriate appearance	<b>Appropriate appearance</b>	
<b>Work positively</b>	<ul style="list-style-type: none"> <li>• Encourage/helping others</li> <li>• Cooperative</li> <li>• Offer solutions, not complaints</li> </ul>	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.	<b>Attitude</b>	
<b>Utilize time and manage workload efficiently.</b>	<ul style="list-style-type: none"> <li>• Timeliness</li> <li>• Organization</li> <li>• On Task</li> <li>• Engaged in classroom activity</li> </ul>	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.	<b>Time management in work</b>	
<b>Accountable for results.</b>	<ul style="list-style-type: none"> <li>• Demonstrate Initiative</li> <li>• No Excuses/Blame</li> <li>• Learn from experiences</li> <li>• Accept constructive criticism</li> </ul>	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.	<b>Responsibility</b>	