

DESCRIPTION Throughout this course we will learn how to prepare basic foods and explore food related careers. This course focuses on implementing proper kitchen safety and sanitation practices as well as using basic measuring skills needed to follow and execute recipes. We will discover both the joys and challenges of cooking in cooperative lab groups through hands-on food preparation labs.

STANDARDS 8.2 Students will be able to demonstrate food safety and sanitation procedures.
9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plan.
14.1 Analyze factors that influence nutrition and wellness practices across the life span.
14.5 Evaluate the influence of science and technology on food, nutrition, and wellness.

UNITS Unit 1: Back to Basics

- Measuring, Equivalents
- Safety & Sanitation

Unit 2: Vegetables

- Knife skills
- Nutritional requirements

Unit 3: Breads

- Quick Breads
- Yeast breads
- Mixing Methods

Unit 4: Eggs & Milk

- Cooking Methods
- Nutritional requirements

Unit 5: Holiday Cookies & Candies

BEHAVIOR

- Regular attendance and participation in activities and labs.
- Exhibit consistent work habits and cooperative attitudes.
- Apply Safety and Sanitation rules at all times in Foods labs.
- Respect for classroom equipment and property, as well as property of other classmates.
- Result of not compiling with these expectations could result in 0/9th Block Time.

GRADING SCALE	Grading Weights:	Grading Scale:
	Process = 30%	100 = A+
	<ul style="list-style-type: none">Daily written workParticipation	92-99 = A
	Content = 70%	90-91 = A-
	<ul style="list-style-type: none">Lab SkillsTestProjects	88-89 = B+
		82-87 = B
		80-81 = B-
		78-79 = C+
		72-77 = C
		70-71 = C-
		68-69 = D+
		62-67 = D
		60-61 = D-
		50-59 = F

LATE WORK In order to turn in late work, students must serve 30 minutes of time for each assignment they are turning in. Late work or resubmitted work must be turned in by the end of the respective unit to receive credit.

MAKE UP WORK When students are absent, they are accountable for turning in assignments the next day they return to class. If the work is not made up within three days, based on the number of days absent, students will need to serve time to receive credit.

Missed labs will need to be made up at home. Same or similar labs will be expected unless permission from teacher is granted. Labs must be made up within 1 week of returning to class.

CHEATING AND PLAGIARISM Cheating from another student, book, and notes are a major offense. If caught cheating the student will lose credit for the work. If a student is caught cheating with another student, BOTH students will lose credit.

Plagiarism is when a student does not give credit to an author or producer of a piece of work (i.e. music, books, magazines, websites, etc.) If a student is caught plagiarizing the student will lose credit for their work. This is an easy punishment (Colleges today, kick students out for plagiarism)

TECHNOLOGY We will be utilizing Google Classroom in our classroom. Computers and chargers are expected in the classroom daily. Inappropriate use of technology will lead to 0/9th Block.

LAB RUBRIC

- 5 PTS - Recipe ready, hair pulled back, all personal items put away, hands and surfaces washed.
- 5 PTS - Follow lab schedule, reached standards for lab, stayed on task
- 5 PTS - Stayed in kitchen, worked well with group
- 5 PTS - Cleanup - did assigned tasks, stayed until all tasks finished