



Course description

Food, Nutrition, and Wellness

Food, Nutrition, and Wellness is a foundational course in the Nutrition and Food Science career pathway. This course equips students with the knowledge and skills to make informed decisions about food and lifestyle choices that promote overall well-being. Students will explore the relationship between nutrition and health, learn the principles of meal planning and food preparation, and develop practical skills in the kitchen with a strong emphasis on safety and sanitation.

Topics include the Dietary Guidelines for Americans, MyPlate, nutrients and their functions, food labels, wellness strategies, and consumer decision-making. Students will also learn how personal habits, culture, and media influence food choices. Hands-on labs and projects will provide real-world experiences that help students build lifelong healthy habits and basic culinary skills.





FCCLA: Family, Career and Community Leaders of America is the student organization that is co curricular with this course. FCCLA plays an integral part in the components of Family and Consumer Science course standards. Students are strongly encouraged to join to benefit from the wealth of opportunities the organization has to offer. Annual membership dues are \$40 this includes affiliation with Local, State and National organizations and a Chapter t-shirt. Dues will be due by August 22, 2025. After that date and t-shirt will not be included. Please see more about VHS FCCLA on our chapter website veteransfccla.weebly.com

Instructional plans and procedures

Various types of activities will be used to teach all types of learning styles in the classroom. The teacher will discuss, demonstrate, and outline safety practices in the classroom. Students will also be using Canvas for assignments

Tutoring:

will be after school on Monday and Thursday (students will need to make an appointment).

Entering the room:

First take a seat in your assigned seat. **Before** the tardy bell..

Once seated, read the entire assignment from the board and take out needed materials while I take attendance. Once I start class, I will not wait on you to get ready and repeat my instructions.

Course Materials:

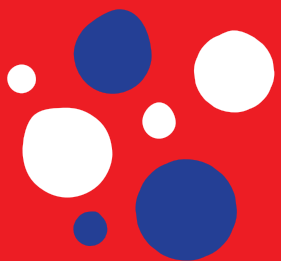
Each student will be responsible for keeping up with their work. Students will need a 1-1.5 inch binder, notebook paper and a pencil for class everyday. Colored pencils and markers will also be needed. Students will bring their chrome book to class and it needs to be fully charged!

Make up Work-

If you are absent for an extended time, whether excused or unexcused you must check Canvas for your assignments and all of your work is due by due date in Canvas.

Assignments not done will receive a 0 until they are completed. Missing assignments in Infinite Campus calculate as a 0 until done. Exams will not be posted in Canvas, they will need to be made up after or before school. (Depends on my duty times)

One or two day absences, please see me for your missed assignments at the end of class, email me, or after I have given instructions for the day. Please check Canvas for your assignments as well. All make-up work is due within 5 days of returning to school according to HOCO BOE policy.



Canvas Classroom Statement:

To encourage blended learning, online assignments will be posted in Canvas. Students should be familiar with how to navigate the online platform, communicate with their teacher, and submit assignments on time. If there are technology limitations, please notify the teacher.



Classroom rules:

1. Be Ready by being present and on time. Everyone will be given an assigned seat. All students tardy to their first period must check in with the front office before entering class. Students must be already seated when the tardy bell rings and in their assigned seat for attendance.
2. Take care of bathroom breaks between classes. Students will get 4 emergency passes to use for the restroom or leave the room for any reason during the semester. A student needing additional passes should be documented on a 504 plan each year.
3. Cell phones are not visible at any time!!! Ensure the cell is silent or turned off and not visible. All cell phones will be turned in on exam days and returned at the end of the class period. Smartwatches are also to be put away.
4. Lab (Kitchen Area)/ Classroom should be left clean when you leave the room, and textbooks returned to the bookshelf. Students will remain in their seats until the bell rings and not stand in the doorway.
5. No Food or Drink is allowed in this classroom. Water bottles or thermos will be allowed, but not at a computer station or while using textbooks. Keep the water bottle in a backpack. You may not have a canned drink opened in class, or it will be disposed of!
6. All rules in the student handbook apply to this classroom!
7. When an emergency signal goes off, we will follow the designed plan with no talking. Absolutely no talking during any announcements.
8. Technology: All students are issued a district-provided Chromebook for instructional purposes, student engagement, and student learning (none from home will be allowed)
9. Chromebook use is at the direction and discretion of the classroom teacher. In my classroom, the Chromebook remains closed and put away in a book bag unless it is used as part of the instruction. If students make a habit of not having their Chromebook to use in class or if it isn't charged regularly, a parent contact will be made.
10. Class participation is vital to your success in this course. Always come to class with a positive attitude and do your best!!!!
11. Cell phones will be taken up and given to the office if you have them out for any reason at all.

Assessment Plan:

Evaluation Criteria Method of Evaluation Percent

Major Grades: Tests and major projects 45%

Minor Grades: Quizzes and Projects 20%

Daily Grades: Classroom assignments and small Labs 15%

Final Exam will count 20% of
final grade



I will be required to be out for several days due to FCCLA. When I am out, I expect you to be on your very best behavior. I will grade your work the next day, and you will be given the grade you receive. You will not be allowed extra time on the assignment. Some of my assignments will be pre-lab assignments and required to complete before you can enter the lab. Please be mindful that your behavior will be a reflection on my classroom management, and I take this seriously.

