

Course Syllabus
Randleman High School

Course Title: FN 41 - Food and Nutrition

Teacher: Diane L. Hayes
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Planning Block: 1st block planning

Course Description (from VOCATS Blueprints):

This course examines the nutritional needs of the individual. Emphasis is placed on fundamentals of food production, kitchen and meal management, food groups and their preparation, and time and resource management. English language arts, mathematics, science, and social studies are reinforced. Work-based learning strategies appropriate for this course include service learning and job shadowing. Apprenticeship and cooperative education are not available for this course. Family, Career and Community Leaders of America (FCCLA) competitive events, community service, and leadership activities provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences.

Course Prerequisites (if applicable): None

Required Textbooks/Materials: Guide to Good Foods

Text will be assigned to students. Students may store text in the classroom. Students will be responsible for returning the book in its original condition at the end of the semester.

Grading Policy:

Major Assignments (Daily Work Notebook/Tests/ Labs)	37.5%
Minor Assignments (In Class Assignments & Projects/ Quizzes/ Homework/ :	37.5%
Final Exam :	25.00%

Grading scale: A (100 -90), B (89 – 80), C (79 – 70), D (69 – 60), F – 59 and below

Course and Instructor Policies (follows Randolph County Board Policies)

Make up work: Accepted within 5 days of date of return

Make up time: See teacher

Extra credit: Assigned at teacher's discretion

Late work: Accepted within 5 days of date assigned

Attendance: More than 5 days could result in a failing grade

Behavior: All students' should strive to respect themselves, to respect their fellow students, and to respect the individual leading the class

Obj.	Description	Week
<u>1.00</u>	<u>Understand the relationship between food choices and health.</u>	<u>1 - 2</u>
1.01	Remember influences on food choices.	
1.02	Understand guidelines for healthy eating.	
<u>2.00</u>	<u>Understand methods of food preparation.</u>	<u>3 - 7</u>
2.01	Understand kitchen safety.	
2.02	Understand safe food handling procedures.	
2.03	Remember equipment and procedures for its use and care.	
2.04	Remember measuring, cutting/preparation, mixing, and cooking/cleaning terms.	
2.05	Remember recipe parts, sources and adjustments.	
2.06	Understand processes and benefits of a work plan and teamwork for preparing healthy foods.	
<u>3.00</u>	<u>Understand procedures, nutrition and cooking methods in food preparation.</u>	<u>8 - 13</u>
3.01	Understand procedures, nutrition and cooking methods in fruit and vegetable preparation.	
3.02	Understand procedures, nutrition and cooking methods in dairy preparation.	
3.03	Understand procedures, nutrition and cooking methods in grain preparation.	
3.04	Understand procedures, nutrition and cooking methods in protein preparation.	
<u>4.00</u>	<u>Understand procedures, equipment and techniques applied to baking production.</u>	<u>14 - 15</u>
4.01	Understand procedures to prepare quick bread products.	
4.02	Understand procedures to prepare yeast bread products.	
4.03	Understand procedures to prepare cakes and frostings. (SUPPLEMENTAL)	
<u>5.00</u>	<u>Understand the principles of etiquette for meal service.</u>	<u>16</u>
5.01	Understand the principles of basic table setting and meal service.	
5.02	Understand the principles of table manners.	
<u>6.00</u>	<u>Apply methods for meal planning and preparation.</u>	<u>17 - 18</u>
6.01	Understand strategies in meal planning.	
6.02	Understand strategies for purchasing food.	
6.03	Apply methods to prepare healthy meals.	