



Nutrition and Wellness for Life

2021-2022

Instructor	Julia Finney	E-mail	jfinney@lhusd.org	Phone	928-854-5001 ext. 4142
Class Information:	Room #: J133 Office Hours: M – W – F 2:30pm to 3:00pm				
Course Description:	1.0 CTE NUTRITION AND WELLNESS FOR LIFE 0.5 Credit Fee: \$15.00 Currently, Nutrition and Wellness is one of as the hottest topics in the health care industry and society in general. This semester course stresses the importance of healthful eating across the lifespan. Students will explore how decisions affect wellness at various stages of life, learn the body's need for various nutrients, nutrition's connection to disease, and eating for sports performance. The class will feature lab experiences to learn how to handle food safely, plan and the preparation of nourishing meals, and making healthy food choices. Whether you are preparing for a career in the field of Dietetics and Human Nutrition or interested in nutrition for personal enrichment you will enjoy the diverse topics offered. The course fee is used to purchase food supplies for various food science and nutrition labs.				
Prerequisite:	Grade Level: 9-12 Prerequisite: Priority will be given to students who are currently enrolled or have completed Allied Health Biology				
Course Learning Units:	Students will explore concepts and develop skills in the following content areas: <ul style="list-style-type: none">• Wellness Lifestyle• Factors Affecting Food Choice• Nutrition Guidelines• Carbohydrates, Fats, & Proteins• The Vital Function of Water• Healthy Weight Management• Eating Disorders• Eating for Sports Performance• Maintaining Positive Social & Mental Health• Stress & Wellness• Becoming an Informed Consumer				
Major Course Assignments & Projects:	Students will complete classwork daily with Chapter quizzes once per week.				

Supplies and Resources:	<p>Materials Needed for the Class:</p> <ul style="list-style-type: none"> • Pen/Pencil • Highlighter • A notebook, folder, or binder (student choice) <p>The course fee is used to purchase food supplies for various food science and nutrition labs.</p>
Text / Online Applications	<p>Textbook Name:</p> <p><u>Nutrition & Wellness for Life 4th Edition</u> (Dorothy F. West, ISBN 978-1-60525-446-3)</p> <p>Textbook Delivery:</p> <p>Textbook chapters will be provided digitally through Google Classroom. Paper copies are available by request. Limited numbers of hardcover textbooks are available and may be assigned to a student by request on a first come basis. Student is responsible for returning the textbook.</p> <p>Instructional Videos:</p> <p>Occasionally videos may be shown in class as a learning tool. These videos are academic in nature and listed below.</p> <ul style="list-style-type: none"> • <u>Clothing Care: Laundry Basics</u> (Learning Seed Video: 25 Minutes, ISBN 1-55740-820-3) • <u>Flattering Fashions</u> (Learning Seed Video: 22 Minutes, ISBN 0-917159-61-6) • <u>Design 1: The Elements</u> (Learning Zone Express Video: 19 Minutes, ISBN 1-57175-114-9) • <u>Design 2: The Principles</u> (Learning Zone Express Video: 23 Minutes, ISBN 1-57175-116-5) • <u>Using Color: Creating Color Harmony</u> (Learning Seed Video: 20 Minutes, ISBN 0-917159-73-8) • <u>Clothing Fibers</u> (Learning Seed Video: 25 Minutes, ISBN 1-55740-547-6) • <u>Understanding Fabrics</u> (Learning Seed Video: 24 Minutes, ISBN 1-55740-522-0) • <u>Careers in Fashion: Talent, Technology & Opportunity</u> (Learning Zone Express Video: 20 Minutes, ISBN 1-57175-080-0) <p>Google Classroom Code:</p> <p>Period 1 – hg fjrr3</p> <p>Period 3 – 3ytmpg6</p> <p>Required Apps with Login Info:</p> <p>Illuminate DnA: Student ID Number & Date of Birth</p>

GRADING/ASSIGNMENT PROCEDURES:

Semester grades are based on class work, homework, projects, tests, and participation in classroom and lab activities.

Missed tests must be made up within one week. Tests not made up within one week of return will receive a zero (0). Labs must also be made up. To make up Lab Work you will need to plan to attend Mrs. Finney's Office Hours within one week of return.

Classroom/Lab Participation Points: Participation will be subject to arrival in class on time with all assignments and course materials and demonstrating an attitude of cooperation, teamwork, appropriate behavior and actively participating in all classroom and laboratory experiences.

Assignment Weighting for Course:

Semester Grades will be weighted as follows:

- Classwork – 30%
- Homework – 10%
- Participation – 10%
- Quiz – 25%
- Test – 25%

Total Semester Grade will be 80% of the Final Grade each semester with the Final Exam accounting for the remaining 20%.

Grade Scale:

90 - 100% = A

80 - 89% = B

70 - 79% = C

60 - 69% = D

59% and below = F

Assignment Policies:

Class work not completed in class will be considered homework. If you have an excused absence it is your responsibility to obtain and complete make-up work. All Homework and Classwork will be available in Google Classroom. You may get notes from a classmate. Per school policy a student is allowed one (1) day for each excused absence to complete missed assignments.

Late Work: Late work will not be accepted. Work missing due to absence is not considered late. See the attendance policy for more information.

Attendance & Absence:

A parent or guardian must notify the attendance office by phone or in writing on the day of the absence. Once on school grounds, a student may not leave campus without permission and without signing out in the attendance office.

Tardiness:

A student not in his/her assigned seat when the tardy bell rings is considered tardy. A student who is tardy to his/her first class of the day must report directly to the attendance office and not go directly to class. It is the student's responsibility to have a pass if they are late to the other class periods.

Absent Work:

A student is allowed 1 day to make up work for each day he/she is absent. (2 days absent= 2 days to make-up work, etc.)

District Homework Policy**Purpose:**

- Homework should be purposeful, intentional, and relevant to instruction.
- All types of homework should promote high-quality learning and achievement.
- Teachers introduce new concepts, information, and skills in school, **not** in homework.

Time:

- Time spent on homework should be purposeful in terms of learning and skill acquisition.
- Homework may be assigned on a daily or long-range basis where students can expect an average of 70 to 120 minutes per night encompassing all subject areas.

Academic Dishonesty:

Academic dishonesty will not be tolerated under any circumstances. Cheating, copying, or plagiarism of any form will result in failure of the assignment, disciplinary referral, and a parent contact. (See Student Handbook)

School Behavior and Expectations:

Students are responsible for abiding by the Student Code of Conduct located in the Student Handbook.

Additionally, students in Nutrition must adhere to the following.

- Be respectful of other's perspectives and in your communications with others.
- Clean up after yourself and your work space.

Foul language, disrespect, and/or name calling/bullying will absolutely not be tolerated in the classroom or lab.

Cell Phone Policy:

Upon entering the classroom, cell phones must be silenced and placed in a cell phone holder unless being used with a teacher BYOD plan. When staff members ask students for their cell phones, refusal to turn the cell phone over may be treated as insubordination. Cell phones may be in use during passing period and during their lunch period. Students may not use their phones to take pictures. Air Pods, Ear Buds, and Headphones will be treated as a cell phone violation. Inappropriate use of smartwatches and other smart technology will also be treated as a cell phone violation.

The Nutrition Classroom is **NOT** BYOD approved classroom. That means that Students who have cell phones will put them in the provided cell phone holder "Cell Hotel".

Please do **NOT** text or call your student during class time. If your student does not have a cell phone please indicate on the Syllabus Acknowledgement form below. If there are any changes to this please contact me.

In Case of an Emergency and you must contact your student:

Please call the school at (928)854-5001 and ask to speak with your student or to send a message.

Dress Code:

The district dress code will be strictly enforced. If you are not dress code compliant, you will be sent to the office. (See Student Handbook)

Location of Use and Wireless Access

Wi-Fi: LHUSD-Guest Password: guestpassword

PARENT / STUDENT AGREEMENT

(Please keep the syllabus and return this page to your teacher)

I have read the above syllabus and understand all policies and procedures.

Student's Name Printed

Student's Signature

Date

Student's School E-Mail Address

Parent's Name Printed

Parent's Signature

Date

Best way to reach you: _____ AND/OR _____
Parent's E-Mail Address Parent's Phone Number

Additional comments/information from the student or parent:

Please sign and return
by Friday, August 6, 2021.