

Course Syllabus Foods 2

Instructor:

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Course Description:

Foods 2 will build upon the skills of Foods 1 and continue to develop skills in food preparation. Lab participation will promote baking skills, protein cooking techniques, dietary needs, and careers. Lab experience will also develop teamwork, cooperation, communication, and negotiation.

National Standards:

- 8.0 Integrate knowledge, skills, and practices required for careers in food production and services**
- 8.5 Demonstrated preparation for all menu categories to produce a variety of food products**
 - 8.5.2 Demonstrate a variety of cooking methods including roasting and baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, convection, microwaving, and other emerging technologies
 - 8.5.5 Prepare various meats, seafood, and poultry
 - 8.5.10 Prepare baked goods and desserts
 - 8.5.11 Demonstrate food presentation techniques
- 14.0 Demonstrate nutrition and wellness practices that enhance individual and family well being**
- 14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span**
 - 14.2. Assess the effect of nutrients on health, appearance, and peak performance
 - 14.2.3 assess the impact of food and diet fads, food addictions, and eating disorders on wellness
- 14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.**
 - 14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
 - 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
- 14.4 Evaluate factors that affect food safety, from production through consumption**
 - 14.4.1 Determine conditions and practices that promote safe food handling.

Assessments:

Student progress and knowledge will be assessed through various combinations of the following: group participation, daily work, labs, quizzes, exams, projects, class projects, and assignments compatible with the chapters in the book. There will be extra credit available from time to time, however, only for those who are already passing the class and completing work assigned.

Grading Scale:

This course receives one credit towards high school graduation. It can be used to help complete required credits in the Applied Learning or Electives categories. The instructor reserves the right to require a student to revise any assignment that does not demonstrate high school level ability.

High School Grading Scale

<u>Senior High School Credit Grading Scale</u>				
100 - 93 A	89 - 87 B+	79 - 77 C+	69 - 67 D+	Below 60%
92 - 90 A-	86 - 83 B	76 - 73 C	66 - 63 D	is
	82 - 80 B-	72 - 70 C-	62 - 60 D-	Failing

Grades can change drastically from one assignment/lab to another so check PowerSchool daily.

Content:

Food Supply
Planning Meals & Buying for the Kitchen
Manners & Recipe Skills
Food and Fitness—Convenient Foods
Baking -----Yeast Breads, Pies, Cakes, Fancy Desserts
Meats-----Beef, Poultry, Pork, Seafood
Casseroles, Soups, Salads, Sandwiches, Garnishes
Meal Project

Instructional Strategies:

The following represent a variety of instructional strategies that maybe/will be used but are not limited to only these: textbook, supplemental handouts, lectures, guest speakers, discussion groups, group projects, individual projects, research papers/projects, multimedia, computers and hands-on experiences.

Resources:

Textbook: Food for Today, Glencoe, 8th edition (green book with red apple)

Expectations—Academic & Behavior:

A. Supplies Needed - Daily at school and at Home

1. #2 Pencils
2. Eraser
3. Black or Blue Pen
4. Notebook paper (no spiral edges will be accepted on assignments)
5. 2 pocket folder
6. Assignment Notebook

B. Homework Assignments

1. Are due on due date – see front board
2. Will be considered LATE if not turned in on time, resulting in a lowered grade.
3. Will receive “0” points if not turned in at all.
4. Are given 1 to 3 times a week
5. May be either a mental assignment, written assignment, group project, make-up lab, observation, or take-home practice lab.

C. Rules

1. **Be respectful of everyone and everything.**
 - a. No sitting on counters/tables
 - b. No feet on chairs (chairs cost \$75, tables \$350 +)
 - c. No harassing
 - d. No rough-housing – **NOTE: Anything broken or damaged due to carelessness will result in YOU paying for replacements.**
2. Respect for everyone when talking – no talking when another is
3. No additional food or drink in the room – Products in view will be dumped down the drain – water is ok – but only in Dasani type bottle.
4. STAY IN YOUR SEAT UNTIL BELL RINGS – do not leave the room without being dismissed – no line standing
5. **NO PASSES** – female emergencies go to nurses office
6. Keep the room neat and clean
7. Pull your own weight – do your fair share in the lab.
8. **Quarter size amount of all products produced is required to be sampled by all** – allergies to foods must have written note from parent in order to be excused. No whining.
9. **No Coats – bring sweaters or light weight sweatshirt**
10. **Dress appropriately – no underwear or cleavage showing – safety concern**
11. **No sleeping – appear alert**
12. **Be willing to compromise**
13. **Daily attendance is vital to success in this class.** Students must confer with the instructor outside of class time to obtain missed information. Long-term assignments will not be given additional time due to an absence, however, short-term assignments may be extended.

D. Tardies

1. You must be in the room and at your seat when bell rings.
2. **Tardies** will be recorded according to school policy

E. Behavior

Inappropriate behavior will be handled as follows:

- a. A visit to the AP Office
- b. Detention – served in Foods room CLEANING
- c. An apology to the teacher (face to face)
- d. An acceptance back to the classroom if removed.
- e. Temporary or Permanent removal may occur depending on the incident resulting in no credit for the class.

Inappropriate behavior examples are as follows

- a. foul language
- b. disrespect to the teacher and classmates
- c. non-acceptance of teacher direction (non-compliance/insubordination)
- d. non-compliance to classroom rules
- e. Immature behaviors causing disruption and aggravation to rest of class.
- f. setting up a potential harmful situation in lab (suspension)
- g. vandalism (suspension & permanent removal)

- F. **Make-up Tests:** Make up tests will be offered after school or during a free period but NOT during scheduled class time. It is the responsibility of each student to contact the teacher and set up a time.

Communication Plan:

Power School

Emails

Possible Web Page

Phone Calls