

CULINARY & NUTRITION SYLLABUS

Topics covered:

- Food safety and Sanitation
- Knife skills, tools, equipment, cooking methods and terminology
- Food choices, nutrition, healthy eating and our food system
- Meal planning and etiquette
- Regional cuisines from around the world

We will learn techniques of cooking:

- Quick breads, pastries, yeast breads
- Dairy, cheese, eggs, sauces
- Grains, rice, pasta and pulses
- Fruits and Vegetables
- Proteins such as beef, pork, chicken, and fish

TEXT: FOOD FOR TODAY (used in the classroom)

SUPPLIES: Notebook with storage pockets and a writing tool
\$15 Lab Fee

INSTRUCTOR: Sue McGregor * suem@bigfork.k12.mt.us (best way to contact) * 837-7412

LOCATION: Classes will be held in the middle school until our new Family and Consumer Science room is completed in the high school building. We will be moving sometime in November or December.

GRADING: Components for Quarter Grade (approximate):

- 40% Tests and Quizzes
- 30% Labs
- 30% In Class Assignments and Projects, etc.

Grading Breakdown A - 100%-90% B - 89%-80% C - 79%-70% D - 69%-60% F - 59%-0%

CLASSROOM EXPECTATIONS:

Regular attendance to this class is important. It is your responsibility to come talk to me about work that is missed. Makeup of missed work and cooking labs must be completed within 1 week, on your own time and at your own expense. You must submit a sample of the product and the completed planning/evaluation sheet signed by a parent/guardian to verify the quality of work and cleanup. Unexcused tardies on lab days (up to 10 minutes) result in a 5 point deduction. Later than 10 minutes for any reason will be graded for one-half credit on the lab score with the option to make it up on your own for full credit.

Because the semester exam is comprehensive, you should keep your notes, worksheets, returned tests, etc. in a notebook for this class. They will be valuable when studying for the exam. The exam may be both written and practical (cooking).

We will be using Google Classroom for communication, reminders and for turning in assignments. All students are required to join. **I encourage parents and guardians to join.**

FOOD:

Water and healthy snacks (no candy, soda, energy drinks, etc.) are allowed in the classroom only if they do not disrupt the class.

BE RESPECTFUL: of yourself, fellow students, teachers, guests, and equipment. Avoid such thing as:

- *inappropriate language and topics
- *trips outside the classroom
- *being rude, mean or harassing
- *dress code violations
- *sleeping or doing work for another class
- *disrupting/distracting class/other students
- *outside food/drink that can't be consumed without mess or distraction

BE RESPONSIBLE:

- >work assignments are to be **done individually** (you'll be told if it's a group assignment). Assist others by telling them where to find an answer, not by telling them the answer or allowing copying.
- >work is legible and orderly.
- >good work habits. Read the material, complete work and turn in it, ask questions and be ready to answer questions and contribute and engage in class, be organized, manage your time.
- >**Get and complete make up missed work within 3 days.**
- >Clean up after yourself.

BE PREPARED:

- #Bring your supplies to class and have **something to write with each day**. Bring a **pass** if late.
- #Complete work on time and turn it in.
- #Be on time and ready for class to begin.

TARDIES: 3 per semester = 30 minutes detention

4-6 = 1 hour detention

7+ = In-school suspension, parental contact/meeting

USE OF YOUR PERSONAL TECHNOLOGY DEVICES: See school Policy. Devices may be used only for educational purposes as authorized by the classroom teacher. **We/you will not be using your technology devices** – if there are exceptions, I'll let you know. **Don't have them out or available or use. Cell phones are never allowed in kitchen areas.**