

FOOD, NUTRITION AND WELLNESS SYLLABUS
Gainesville High School – Family and Consumer Sciences Department
Mrs. Whittney McPherson
E-Mail: whittney.mcpherson@gcssk12.net

Course Description:

Food, Nutrition and Wellness is the foundational course in the nutrition and food science pathway. The focus of the course is centered on healthy food and lifestyle choices. Students will investigate the interrelationship of food, nutrition and wellness to promote good health. Mastery of standards through project-based learning, technical skills practice, and leadership development activities of Family, Career and Community Leaders of America (FCCLA) will provide students with a competitive edge for either entry into the education global marketplace and/or the post-secondary institution of their choice to continue their education and training. Pre-requisite for this course is advisor approval.

Format:

Classroom instruction, projects, tests, teacher and student demonstrations, classroom lab activities, lab portfolio websites, computer programs and self-evaluations will be implemented in the class.

Grading:

Daily – 45%	Tests/Quizzes – 35%	Midterm/Final Exam – 20%
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Requirements:

Follow all procedures outlined in attached forms.

Supplies:

Spiral notebook, 3-ring binder, dividers, loose-leaf paper, blue/black pens and pencils

Co-curricular FCCLA Activities:

Family, Career and Community Leaders of America is a national Family and Consumer Sciences organization available to all FACS class members. Students will participate in local, state and national FCCLA projects, which collaborate, with classroom instruction. Yearly dues are \$15.

- PARENTS PLEASE NOTE!

If you have expertise in any area of food and nutrition or would like to volunteer, please contact Whittney McPherson @ 334-333-7757. Your help is greatly appreciated.

Teacher Information:

Whittney McPherson
Native of Dothan, AL

Education:

University of Montevallo, B.S. FACS Education
North Georgia College and State University, M. Ed. Science Education

8th year at GHS

GACTE Member, GATFACS Member, FCCLA Advisor

Class Procedures and Verification Form are included. Please read, sign and return to teacher.

Thank you for your cooperation. Let's work together for a great semester!

It is the policy of the Gainesville City Board of Education not to discriminate on the basis of age, sex, race, color, religion, national origin, or handicap in its educational programs, activities, or employment practices.

FOOD, NUTRITION AND WELLNESS
Georgia State Standards

HUM-FNW-1: Demonstrate employability skills required by business and industry.

HUM-FNW-2: Examine how related student organizations are integral parts of career and technology education courses through leadership development, school and community service projects, and competitive events.

HUM-FNW-3: Analyze factors that influence food choices and quality of diet.

HUM-FNW-4: Evaluate nutritional information in relation to wellness for individuals and families.

HUM-FNW-5: Analyze the effects of food eating behaviors on wellness.

HUM-FNW-6: Investigate the health and nutrition requirements of individuals and families with special needs.

HUM-FNW-7: Analyze food safety and sanitation practices from production to consumption.

HUM-FNW-8: Compare the causes and foods at risk for illnesses.

HUM-FNW-9: Evaluate scientific and technical advances in food processing, storage, product development and distribution for nutrition and wellness.

HUM-FNW-10: Design and demonstrate ability to select, store, prepare and serve nutritious, safe and appealing foods

HUM-FNW-11: Research careers related to food, nutrition and wellness

FOOD, NUTRITION AND WELLNESS TENTATIVE SCHEDULE

Week 1	Intro to Class and Portfolio of Class Expectations and Professionalism
Week 2	History of FCCLA and Personal Leadership Plan
Week 3	STAR Event
Week 4	Food Safety
Week 5	Food Safety
Week 6	Scientific Testing, Preservation and Sustainability
Week 7	Food Influences and Collage/Essay
Week 8	Classes of Nutrients: Carbohydrates and Protein
Week 9	Classes of Nutrients: Lipids and Macronutrients Quiz
Week 10	Classes of Nutrients: Vitamins, Minerals and Water
Week 11	Nutrition Information, Dietary Guidelines and Labeling
Week 12	Nutrition Information, Healthy Portions, Fad Diets and Eating Disorders
Week 13	Strategies to Prevent Disease, Prevention Magazine
Week 14	Selecting, Storing and Cooking Grains, Fruit and Vegetables
Week 15	Selecting, Storing and Cooking Protein, Menu Planning
Week 16	No School- Thanksgiving Week
Week 17	Special Populations and Nutrition
Week 18	Careers in Food Nutrition and Wellness
Week 19	Portfolios Due Clean labs and Final Exam

Mrs. Mac's Rules to Live By

Respect

Teacher, classmates, yourself and school property

1. Refrain from talking while Mrs. Mac is talking.
2. Refrain from talking while intercom is on and teacher is the only person to answer speaker
3. Observe moment of silence regardless of your beliefs.

Restraint

You are in control of your own actions and reactions.

1. Personal grooming is not allow during class time
2. Sitting on countertops and tables is prohibited
3. Refrigerators and pantries are off limits
4. It is my expectation that profane language will not be used for any reason

Responsibility

Follow all school and district rules without exception

1. Have your notebooks with you and organized, ready to work
2. Be in your seat and working on bell-work when the tardy bell rings
3. Cooperate with members of your lab group.
4. Food and drink are not allowed in classrooms unless during a lab per district policy
5. Work on FACS nutrition work only during this class period.
6. Remain in seat until dismissal bell.

At All Times!

Discipline Progression

1. Verbal or Written Warning, Progress documented
2. Call or Note Home
3. Teacher Detention: Mondays or Thursdays 3:30-4:00 in room 7
4. Parent/Teacher Conference
5. Office Referral

Some School-wide rule or policy infractions **dictate an immediate office referral**. Please be aware that Mrs. Mac follows ALL of the written and understood rules and policies without exception.

Classroom Procedure:

- Come in and sit in your assigned seat
- Organize your personal space, placing backpacks and gym bags on the floor out of your way.
- Get notebook and pen or pencil
- Work on Bell-work and keep out to be checked
- Check board for class schedule and wait for further instructions
- Turn in all required paperwork at the end of the class period

Lab Procedure:

- Come in and sit in your assigned seat and await instructions
- Get lab coats, aprons, hats and wash hands
- Go to kitchens and read recipe through twice with group
- Prep foods
- Cook foods according to recipe exactly
- Prepare plated food
- Everyone participate in cleaning
- Eat only after lab is cleaned and sanitized
- Complete lab analysis report immediately
- Student is expected to participate in all labs. This includes cleaning.
- Refusal to participate in lab will result in a zero. There is no option for make up for refusal to participate.
- If absent for a lab, Student must arrange to make up lab at home, providing pictures and a recipe
- Taste testing if a substantial part of the foods lab experience. If a student has an allergy to a particular food, please note on Student Information Sheet stating all concerns. This will be kept on file.

Tardy Procedure:

- Any student coming to class during 15 minute tardy period after the bell must show an excuse to teacher as they enter the classroom, otherwise student will be marked **Unexcused Tardy**.
- If a student is tardy beyond the 15 minute period, they must report to the attendance office (located in Admin) to receive a pass or they will be marked **Unexcused Absent**.

Assignment Procedure:

- Use only a blue/black pen or pencil.
- Full name, class period and date required in upper right hand corner on all papers.
- When turning in an assignment at the end of class put it in the correct green folder at the back of the classroom
- Turn in late work in the same basket, labeled with a post-it that it is late

Make up work Procedure:

- It is the student's responsibility to make up assignments.
- Students will have 2 days to make up work for every missed day. Special circumstances may warrant teacher or administrative discretion for allowing different arrangements.
- If handouts were issued, student should get a copy from their folder in the pink class file next to teacher's desk.

Leaving Classroom Procedure:

- Only passes to counseling office or administrative office when previously arranged or called
- Turn in a Mickey pass to go to the restroom, only one person in rest room at a time.
- Quietly leave from your table, turn in a pass, fill out red pass, go and come back quietly

Emergency Procedures:

- Evacuations: See Instructions in Classroom or in student Handbook

FOOD, NUTRITION AND WELLNESS

PARENT AND STUDENT VERIFICATION FORM

Student:

I have read and understand the provisions, requirements and procedures of the Family and Consumer Sciences Department as outlined in the Course Syllabus, Rules to Live By, and Classroom Procedures. I understand the consequences that will be carried out if I do not follow these directives. My guardians and I acknowledge my understanding of the directives of this class by reading and signing below.

Student Signature and Date

Parents/Guardians:

I have read and understand the provisions, requirement and procedures of the Family and Consumer Sciences Department as outline in the Course Syllabus, Rules to Live By, and Classroom Procedures.

Parent Signature and Date

Parent's Email

This verification form must be signed and turned in by Friday, August 16th, 2013. It is part of our organization unit. If the student is absent on the due date it will be accepted without penalty when the student returns. Signed forms are filed with the teacher.