

Welcome!

About your Instructor

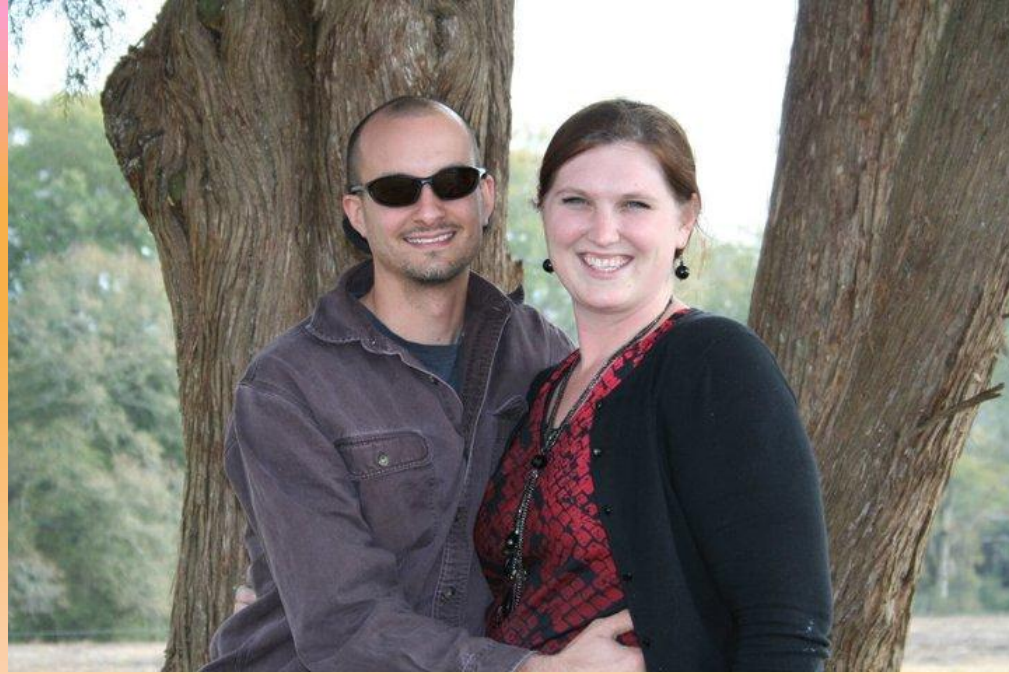
- Mrs. McPherson or Mrs. Mac for short
- Hobbies:
 - Hiking
 - Kayaking
 - Reading
 - Cooking
 - Walking with my dog
- Important to me:
 - God
 - Family
 - Health
 - Friends
 - Dog



Education

- Bachelors Degree in Family and Consumer Science Education from the University of Montevallo in Birmingham, Alabama
- Master of Education in Science from North Georgia College and State University





Now....

- Tell me about you:

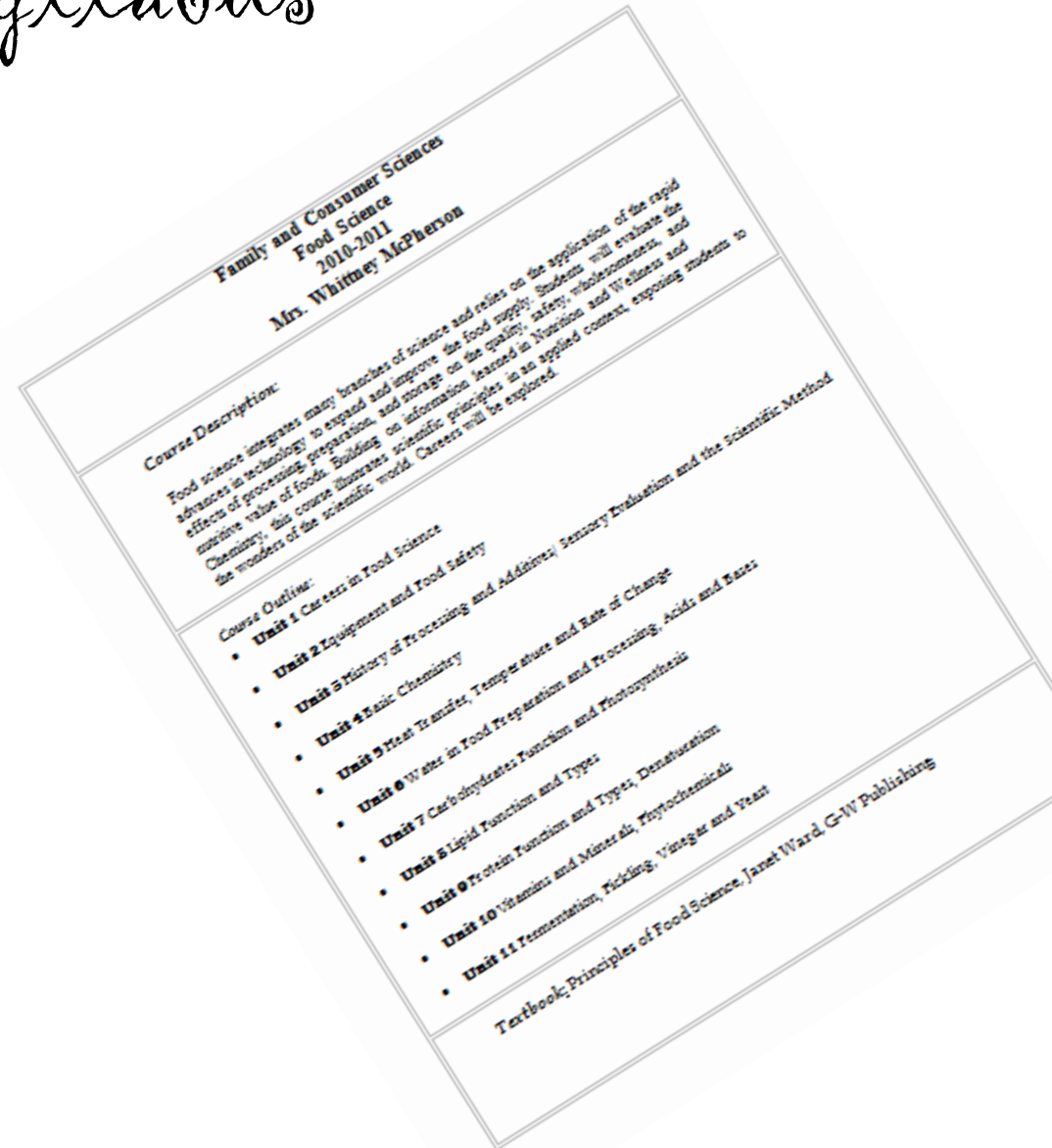
Fill out the Information Sheet and on the back answer these questions:

What are your hobbies?

What are your top 5 priorities

Syllabus

- Let's go over what we will be learning in class and see if you have any questions



Rules and Expectations

- Let's go over the Rules and Expectations for this classroom
- First and Foremost, we follow ALL school rules. No exceptions.
- Respect, Restraint and Responsibility are what I expect of you.



- *What do you expect of me?*

Lab Information

- We will discuss the role of the lab in this class
- Your requirements
 - Follow all safety and sanitation procedures every time we use the lab
 - Fill out a lab report or answer lab questions promptly after lab and keep in your portfolio folder ((explain portfolio))
 - Stay in your assigned location
 - Leave the lab better than you found it



Lab Rules

- We will go over the simple lab rules and procedures of this class
- After the rules and procedures, let's choose your lab

Laboratory Safety and Sanitation

SAFETY PROCEDURES

To prevent fires and burns . . .

1. Use salt or baking soda, *not* water, to put out a grease fire.
2. Keep flammable materials away from the top of the range and away from portable appliances that produce heat.
3. Use a dry potholder to remove pans from the range.
4. Store flammable substances such as aerosol sprays away from heat sources.
5. Use a metal trashcan when disposing of hot or smoldering items.
6. Keep the range exhaust hood and ducts clean.
7. Keep pan handles turned inward on the range.
8. When removing a pan lid, tilt the lid away from you and do not hold your face directly over the pan.
9. When removing a pan from the oven, pull the rack out. Don't reach into a hot oven.
10. Wear an oven mitt on each hand and use both hands to remove pans from the oven.
11. Check to be sure all appliances are turned off when you are finished with them.
12. Use a spoon or tongs, *not* your fingers, to remove food from hot liquid.
13. When lighting gas burners with a match, strike the match first, then turn the burner on.
14. If you smell gas, turn off all range and oven controls and tell your teacher.

To prevent falls . . .

1. Wipe up all spills at once.
2. To reach items stored in high places, use a sturdy step stool or ladder.
3. Close cabinet doors and drawers.

To prevent cuts . . .

1. Keep sharp knives sharp. They are less likely to cause an accident than dull ones.
2. Use a cutting board.
3. Cut away from you with the knife blade slanted.
4. For peeling vegetables such as carrots or potatoes, use a peeler instead of a knife.
5. If a knife, kitchen scissors, or ice pick starts to fall, get out of the way. Do not try to catch it in mid-air.
6. Wash, dry and store knives separately from other dishes and utensils.
7. Keep your fingers away from beaters and blades in appliances.
8. Use knives and other sharp tools only for their intended purpose.
9. Sweep up broken glass immediately.
10. Wrap your hand in a towel to pick up broken glass.
11. When opening cans, cut the lids completely off.
12. Don't leave sharp knives in a sink full of water.

To prevent electric shock . . .

1. Read appliance booklets before using appliances.
2. Keep electrical cords away from water and hot objects.
3. Do not plug several cords into an electrical outlet at one time.
4. Unplug portable appliances after you have used them.
5. Disconnect appliances before cleaning them. Do not put them in water unless the appliance is labeled "immersible."
6. Before using an appliance, make sure your hands are dry and that you are standing on a dry surface.

Classroom Jobs/McMoney

- Everyone will have a classroom job in which they can earn McPherson money to use as a pass out of the classroom.
- You will need to listen to the job descriptions and then fill out your job application just as you would a real application. Blue or black ink, fill it out completely, no spelling or grammatical errors.



Join FCCLA!



www.ghsnutrition.blogspot.com

Let's find out where you stand...

- Take this health survey to give me an idea where you are starting in respect to health and wellness
- Please be honest
- After the Health Survey, Tell me 2 short-term goals and 5 long-term goals that you have for yourself

#

Health Survey

Please answer all questions honestly. Do not exaggerate the truth. Think about over a long term, not just a week or a month ago. Give your average.

1. What is your height?
2. What is your approximate weight?
3. How many days a week do you actively engage in physical exercise for more than 45 minutes? (Jogging, Hiking, Running, Playing sports ((not on the bench)), swimming)
 - a. 0
 - b. 1-2
 - c. 3-4
 - d. 5-7
4. How would you say that you feel about your weight?
 - a. I am very happy and healthy (do not NEED to gain or lose)
 - b. I am happy but may not be healthy (do not WANT to gain or lose)
 - c. I could stand to lose some weight
 - d. I could stand to gain some weight
 - e. I am unhappy with my physical appearance and would like to change but I don't know how or don't have the time
5. How many times a day do you actively search out and eat healthy foods over any other food?
 - a. Every opportunity
 - b. 3-4 times a day
 - c. 1-2 times a day
 - d. I usually eat whatever is the most convenient
6. On average, How many different types of fresh vegetables do you eat in a day? (excluding French fries and ketchup)
 - a. 5-7
 - b. 3-4
 - c. 1-2
 - d. I don't like vegetables
7. On average, How many different types of fresh fruits do you eat in a day? (not juice drinks or jellies)
 - a. 5-7
 - b. 3-4
 - c. 1-2

Please take these items Home

- Parent Survey
- Picture Release
- Rules and Expectations

- Bring them back signed tomorrow!!