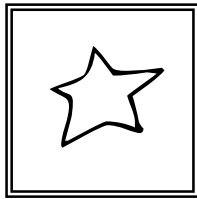
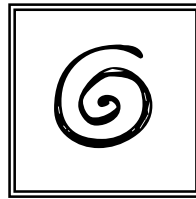


Bonjour



Hello



Hola



Foods One-Food & Fitness

Disclosure Document

Mrs. Natalie Luke

natalie.luke@nebo.edu

Welcome to Foods One! I am looking forward to a great semester and hope that you are ready to travel throughout the world of food, visiting different cultures and discovering new cuisines.

CLASS OBJECTIVE: This course is designed for students who are interested in understanding the principles of nutrition and in maintaining a healthy lifestyle. Attention will be given to the selection and preparation of food.

This course includes learning activities and lab work in each of the following areas:

COUNTRY ONE: Latin America (Safety and Sanitation)

COUNTRY TWO: Italy (Kitchen Equipment)

COUNTRY THREE: Scandinavia (Carbohydrates)

COUNTRY FOUR: The Orient (Nutrition)

COUNTRY FIVE: France (Eggs, Proteins, and Milk/Fats, Oils & Sugars)

COUNTRY SIX: Germany and Great Britain (Vitamins and Minerals)

EXTRA: American & Christmas Cooking

ASSIGNMENTS

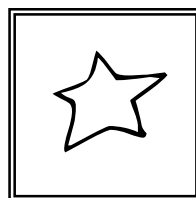
- 1) DEMONSTRATIONS:** Students will be asked to present one foreign food demonstration for the class during the semester. They will be required to research a country of their choice and choose a food to present. In addition, they will be required prepare 10 facts about their country to share with the class during their presentation. Dates for each presentation will be given in class.



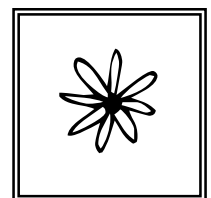
Guten
Tag



Ni
Hao



Buon
Giorno



- 2) **HOME COOKING ASSIGNMENTS:** Students will be required to complete TWO Home Cooking Projects per term. Students may also do up to 5 home cooking projects for extra credit (up to 25 points for each product made). I have provided two Home Cooking Project slips with the disclosure. Any extra slips can be picked up in class.
- 3) **STANDARD DAYS:** Because Foods One is an advanced cooking class and students will participate in the end-of-level testing for the course, we will focus our attention on the standards and objectives provided by the state. Each week we will work on learning one of the standards given. The notes will be graded and then returned to the students. These notes will remain in our class and will be used to help with our final review.
- 4) **REVIEWS/QUIZZES:** Students will be required to participate in classroom activities throughout the semester to help them learn core concepts. A student who is missing assignments may not participate in cooking labs until they have been made up. Any missed labs will then need to be made up at home to receive points.
- 5) **RECIPE BOX AND CARDS ASSIGNMENTS:** Please see attached instruction sheet

OUR CLASSROOM RULE

RESPECT:

1. The Classroom
2. The Teacher
3. The Students
4. Yourself

Classroom Consequences:

1. Verbal Warning
2. Lose cooking days
3. Time spent before/after school cleaning kitchens
4. Consultation with parents and/or administration

***** Students will be held liable for intentionally damaging books, equipment, or other classroom property. Parents will be notified for item recourse.*****

Supplies:

- 1) **RECIPE BOX:** Students will be required to bring and keep a recipe box in the classroom throughout the semester. Because of limited space, please purchase a recipe box that fits 3"x5" cards. Each student will also need approximately 20-3"x5" index cards to print recipes on. I will provide all other recipe cards. I would encourage any student that has their Beginning Foods box/recipes to use it and continue adding recipes to their collection.
- 2) **FOLDERS:** Each student needs a basic folder to keep their notes, quizzes, etc. in. The folder needs to have pockets on the inside and a pencil or pen is recommended. Please, no three ring binders
- 3) **PENCIL/PEN:** Each student needs to bring a pencil or pen to class each day.

Procedures:

HALL PASSES: We follow the school-wide procedure for hall passes. Each student will be given TWO hall passes per term. This is to be used wisely. After the hall passes have been used, students will not be allowed to leave class. If your student has a unique situation that I need to be aware of, please let me know so that we can work with them. We realize there will be emergencies that may require additional hall passes. We will handle these situations on an individual basis.

MAKEUP WORK: If a student misses class, they are responsible for doing the missed assignments and turning them in a timely manner. A binder will be available with notes given during the day missed. Any missed labs can be made up by completing the lab at home, filling out a Makeup Lab Sheet (attached to the disclosure), and bringing a small sample of the product made to class. Makeup work on written assignments, quizzes, and tests can be made up during Quest Time or by appointment before or after school. If a student would rather have a written assignment to replace a missed cooking lab, they may complete the extra assignment during Quest Time as well. Missed notes may also be made up during extra class time or during labs while food is cooking. **Late work** handed in because students choose not to have it done by the due date will be penalized up to 40%.

*We follow the school-wide procedures for: cell phones, electronic devices, tardiness, etc.

Grades and Assessment:

93-100%	A	65-69	C
90-92	A-	60-64	C-
85-89	B+	57-59	D+
80-84	B	54-56	D
75-79	B-	51-53	D-
70-74	C+	50 & Below	F

****Grades are assigned according to points earned in labs (25 points each), assignments, daily reviews, recipe boxes, class demonstrations, home cooking projects, and quizzes/tests****

I work to keep the room clean and sanitary and try to avoid accidents by using safety procedures. I expect each student to help maintain this environment because I feel that it is as important to learn cleanliness and safety, as it is to learn cooking skills.

I hope that each student will enjoy the semester in Foods One and that we can have fun learning. I am looking forward to helping students have success in the kitchen, learn to choose healthy foods, and gain new friendships.

Please feel free to contact me with any questions or concerns. Thank You!

.....
(Please cut and return this portion—keep the rest for a reference)

Disclosure Statement

I, _____ (print your name), have read this disclosure and I agree to follow the policies and procedures it contains so that I will be successful in Foods One.

Student's Signature

Period

I have read this disclosure and I agree to help my student follow the policies and procedures it contains so that he/she will be successful in Foods One.

Parent/Guardian's Signature

Date

