



## Art and Science of Nutrition – A (*Honors Credit*)

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**COURSE OVERVIEW:** This course is intended for all students, particularly those who desire to practice sound nutritional habits for health and longevity, pursue a career in food and/or nutritional related areas, pursue the career completer program in food service, and/or restaurant and hotel management. Students and parents should keep in mind that the food lab is a simulated work area and therefore students should conduct themselves accordingly. Primary Textbook: *Personal Nutrition* (For classroom use only) Other supplementary textbooks are selected for unit content.

### WHAT THE TEACHER WILL DO TO SUPPORT THE STUDENT

- Create engaging and rigorous learning activities that help students build his/her understanding of algebra and mathematical practices.
- Chunk assignments into manageable amounts and include time in class to debrief and review work.
- Provide additional support for assignments and assessments, *including scheduled reteaching* so that students meet course standards.
- *Notify parents via email or phone at any point during the marking period if a student is in danger of failing or dropping 2 or more letter grades.*

### WHAT THE STUDENT WILL DO TO BE SUCCESSFUL

- Come to class with required supplies and ready to be an active participant in the learning process.
- Complete all assignments as required.
- Review and synthesize classroom notes, activities, and assignments frequently to help prepare for upcoming assessments and to internalize learning.
- Take advantage of opportunities for additional help. Students should attend these sessions with specific questions so that the teacher can most effectively help the student.

### WHAT PARENTS CAN DO TO SUPPORT THE STUDENT

- Ask your child what we are discussing in class. There is very little homework, but often projects are completed in class. If class time is not utilized properly or the student is absent, the project may need to be completed at home.
- Ask your child what food they prepared during their last lab. I offer extra credit (to be applied at the end of the semester) if the student prepares any food at home that we've prepared in class.
- Ensure that the student has supplies and that they complete homework and study for tests.
- Encourage the student to seek additional help when it is needed.
- Check Parent Connect regularly to monitor student grades. Contact guidance if you do not have a login.
- If you have spoken with your child about their grades, assignments, etc. and they cannot answer your questions, feel free to contact me in a timely manner with any questions.

### SUPPLIES/REQUIREMENTS

- **\$20.00 lab fee**—this fee **must be** paid in order for participation in lab.
- All papers given to you will be organized in a teacher provided folder, and kept in class.
- Pencil or pen
- Due to the nature of the course, it is recommended that on lab days, you do not wear loose or baggy clothing. Something to tie hair back, pants and closed-toed, kitchen appropriate shoes (covering the whole foot) are required during labs.
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### COURSE CONTENTS AND NATIONAL FACs STANDARDS:

Semester	Topics	Suggested Class Periods
Unit 1	Safety and Sanitation	9
Unit 2	Digestion	7
Unit 3	Macro-Nutrients: Carbohydrates, Fats, Proteins	14
Unit 4	Nutritional Guidelines	4
Project	Dietary Analysis	6
Final	Review and Assessment	2

2.0 - Consumer and Family Resources

5.0 - Facilities Management and Maintenance

8.0 - Food Production and Services

9.0 - Food Science, Dietetics, and Nutrition

14.0 – Nutrition and Wellness

To read the standards in-depth, please visit:  
<http://www.nasafacs.org/national-standards-and-competencies.html>

**GRADES:** Your grade in this course will be determined based upon your progress towards mastery of the standards. Specifically, *your grade will be calculated using the following weighted categories.*

- 50% Food Labs
- 20% Assignments and Quizzes
- 20% Classwork
- 10% Quarterly Assessment (may not be redone)

## ASSIGNMENT DESCRIPTIONS

1. **Summative Unit Assessments and Food Labs** – *there will be at least one unit assessment or project per unit.*
2. **Classroom Assignments and Quizzes** – *Will be graded in a timely manner. When an assignment is completed as part of collaborative work, each student will receive his/her own grade based upon his/her individual work.*
3. **Quarterly Assessment** – *there will be one quarterly assessment per quarter. Quarterly assessments measure student mastery of the major standards for the quarter and course. These assessments may not be redone.*

## LATE WORK AND INCOMPLETE ASSIGNMENTS

- Students are expected to submit assignments on the date that they are due. Students are expected to complete assignments, in full, to the best of his/her ability and students should take advantage of tutoring and reteaching opportunities so that the student can submit his/her best work. *Late assignments are penalized 10% for each day it is late up until 10 school days (not A/B days). After ten school days, the assignment becomes a zero and may not be submitted for a grade.*
- *Teachers shall assign a minimum grade of 50% to assignments or assessments for which the student made a good faith effort, as determined by the teacher, to meet the basic requirements. If a student does no work on an assignment or assessment, the teacher shall assign a grade of zero.*
- When a student is absent, it is the student's responsibility to get the make-up work. The student will be allotted the same number of days equal to the number of days absent to make-up work.

## RECORDING OF GRADES AND COMMUNICATION WITH PARENTS

- *Per AACPS regulation, all grades, with the exception of lengthy assignments such as projects and extended writing assignments, will be entered into Parent Connect within one week of assignment submission. Parents can check Parent Connect regularly to monitor student grades.*

## ACADEMIC DISHONESTY

- A student who exhibits academic dishonesty as determined by the teacher and administrator shall receive a zero on the particular assignment in question. *Violations of the Academic Integrity Policy and Regulation may result in disciplinary action. Consequences for violations may vary according to the severity of the violation and shall follow the progressive interventions and discipline as outlined in the Student Code of Conduct.*

## OPPORTUNITY FOR MASTERY (REDO)

- *Per AACPS regulation, students may redo up to 4 assessments and/or assignments each quarter. Students are encouraged, but not required, to participate in teacher-led reteaching. All redo items must be completed within ten days of receiving the original grade and may only be redone one time. The higher of the two grades will be used for calculating the student's quarter grade. The teacher may choose to have the student redo all of an assessment or assignment or may have student only redo specific items or parts of the work. Students may not redo homework, the quarterly assessment, or a large project. However, students may redo parts of a large project, if graded separately by the teacher, with each part counting as a separate redo. Assessments or assignments due in the last week of the quarter are not eligible.*

## ABSENCE POLICY

- The student is responsible for contacting the teacher for missed work **BEFORE** or **AFTER** class. **Do not** ask after class has begun. Student may also email teacher for make-up work.
- **IF ABSENT ON LAB DAYS:** If a student was absent with an EXCUSED absence on the day we planned for a lab AND THE STUDENT IS DRESSED APPROPRIATELY for the lab, the student will be allowed to participate in the lab. **If the student is not dressed appropriately after an absence OR if a student is absent the day of a lab, the lab MUST be made up at home to receive full credit.**
- **Food Labs** may be made up at home, see teacher for make-up Lab paperwork.

## CLASSROOM EXPECTATIONS:

- All Nutrition students are expected to clean up after themselves.

## TARDY POLICY:

- Because we build upon previous concepts and learning, attendance and punctuality are extremely important factors to this course. **Therefore, school policies will be strictly enforced.**
- If you are late on a lab day, there is a very good chance you will not be allowed to cook and have to make the lab up at home.
  - If you come in with a pass after we have started cooking, we will try to place you in a lab although it may NOT be with your original group.
  - If you come in **WITHOUT** a pass after we have started cooking, you will **NOT** cook and you will be required to make the lab up at home.

**Family and Consumer Science Course Syllabus Sign-off Sheet**

\*This sheet will be collected by the teacher. Syllabus should stay in student's folder/binder\*

**Students**

By signing, I acknowledge that I have read, understand and will follow the stated policies and procedures in the Family and Consumer Science Syllabus in addition to the policies and regulations set forth by AACPS and \_\_\_\_\_ High School:

STUDENT'S NAME (PRINTED): \_\_\_\_\_ Class period: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_

STUDENT EMAIL: \_\_\_\_\_

\*Email address will be used for class related communications only

**Parents**

By signing, I acknowledge that I have read, understand and will help my child comply with the policies and procedures in the Family and Consumer Science Syllabus.

1. PARENT/GUARDIAN'S NAME (PRINTED): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN EMAIL: \_\_\_\_\_

\*Email address will be used for class related communications only

PARENT/GUARDIAN CELL#: \_\_\_\_\_ WORK # \_\_\_\_\_

2. PARENT/GUARDIAN'S NAME (PRINTED): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN EMAIL: \_\_\_\_\_

\*Email address will be used for class related communications only

PARENT/GUARDIAN CELL#: \_\_\_\_\_ WORK # \_\_\_\_\_

Information you would like me to know about the student: \_\_\_\_\_

\_\_\_\_\_

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