**FOODS I**

**Amy Spruill, Panther Creek High School, Room 1612 E-mail:** [aspruill@wcpss.net](mailto:aspruill@wcpss.net)

**SMART Lunch Schedule**  **Phone:**  919-463-8656

Monday A Lunch

Wednesday B Lunch

**Course Description:** This course examines the nutritional needs of the individual. Emphasis is placed on the relationship of diet to health, kitchen and meal management, food preparation and sustainability for a global society, and time and resource management. English language arts, mathematics, science and social studies are reinforced. Work-based learning strategies appropriate for this course include service learning and job shadowing. Apprenticeship and Cooperative education is not available for this course. Family, Career and Community Leaders of America (FCCLA) competitive events, community service, and leadership activities provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences.

**Course Objectives:**

* Apply methods for safety, sanitation, lab procedures, and conserving resources.
* Understand methods for food preparation.
* Understand the principles of etiquette for meal service.
* Understand food choices.
* Understand the relationship between food choices and health.
* Apply methods for meal planning and preparation.

**Textbooks (Supplementary use only):** *Guide to Good Food* by Largen and Bence, Goodheart-Wilcox, 2008.

*Food for Today* by Kowtaluk, McGraw-Hill, 2006.

**Format:** Various types of tests, textbook study, demonstrations, discussions, classroom lab activities, projects, home assignments, notebooks, web-based projects, reading and writing activities, and self-evaluation will be implemented in this class. Students will need to enroll in blackboard to view the class schedule and assignments online.

**Grading:** The new North Carolina grading policy will be configured on the following scale:

90-100 A

80-89 B

70-79 C

60-69 D

0-58 F

The grade for this class will be broken down into the following categories:

**Class Work/ Projects 40%**

**Bellwork/ Participation 10%**

**Quizzes/ Tests 50%**

(Semester Exam is 20% of semester grade)

**Total 100%**

**Make-Up Work:** School Policy states that students have one day to make up work for each excused absence. If more than three consecutive days are missed, two days for each missed day to turn in make-up work are allowed. Any assignments other than quizzes and tests turned in after this time period may result in a lowered grade.

**SMART Lunch:** School policy states that students are required to attend **four** SMART lunch sessions per quarter. Incentives will be offered.

**Materials Needed:**

* Binder with notebook paper for note-taking and organization of materials
* Rubber bands, pony tail holders, and hair clips for use in lab if your hair needs to be tied back.

OPTIONAL (but very helpful):

* 1 plastic storage container with your name written in permanent marker OR a small box of plastic baggies (for leftovers)
* 2 pocket folders for papers
* Colored pencils or markers (if you want your own personal set)

**Plagiarism:** Plagiarism or the copying of another individual’s words or ideas will not be tolerated. This includes copying or using another student’s work. If a student is caught plagiarizing, he/she will receive a zero on the assignment, and a parent/guardian will be contacted.

**Labs:** Labs are an integral part of this course. Due to equipment and time constraints, lab activities are difficult to make up. A modified assignment may be given as an alternative to a missed lab session. You are responsible for any of the information covered in the lab. *If a student is missing work in the course at the time of a lab, he or she may not participate in that lab. The student’s lab grade will then be determined by the work they complete during lab days, which may include alternate assignments.* Because of the safety issues associated with preparing food, students must either use a head covering or tie back long hair. It is also recommended to wear flat, close-toed shoes.

**Classroom Expectations:**

* Be prepared. Come to class with your completed assignments on their due dates, as well as all necessary materials. This is simple, but it will be very difficult to be successful without these things.
* Be on time. You should be in your seats, ready to work when the final bell rings. I adhere to Panther Creek High School’s tardy policy.
  + **TARDY POLICY: If you are tardy, you must sign the designated tardy book. During first and third periods, if you are tardy, you will need to report to the commons area to obtain a late pass from an administrator.**
    - * **1st tardy- Teacher Warning**
      * **2nd tardy- Teacher Warning and Parent Contact**
      * **3rd tardy- Lunch Detention by Administration and Parent Contact**
      * **4th tardy- Administrative Referral**
* Be respectful. You are here to learn, and I am here to help you do that. With that said, we must create a comfortable and safe classroom for you to do so. Therefore***, it is imperative that you are respectful of your classmates, your teacher, and this classroom, and you avoid disruptive behavior***. Students who do not adhere to this policy will be referred to administration.
* No food or drinks, other than water in capped containers (with the exception of food lab days). If you bring anything other than water into the classroom, you will be asked to throw it away before entering the classroom.
* Clean up after yourself. Follow rules for lab work, including participation and cleaning.
* I am the bell. I will start and dismiss class every day. Please do not continue hallway conversation after the tardy bell or pack your belongings before you are given permission.
* Follow school rules (dress code, electronics policy, etc).
* ***Cellphones and electronic devices should only be used for academic purposes and when given permission by teacher***.

**Good Luck and Have a Great Semester!**

Student Information

|  |  |  |  |
| --- | --- | --- | --- |
| Student Last Name: |  | Student First Name: |  |
| Prefer To Be Called: |  | School E-mail Address: |  |

I have read the Foods I syllabus, and I understand what is expected of me in this course. In order to be successful in Foods I, I also understand that it is my responsibility to adhere to the class policies, complete assignments, and seek help when needed.

I am aware of Wake County Public School’s cheating and plagiarism policy. I understand that cheating includes not only cheating on a test or quiz, but also copying a classmate’s homework, and that plagiarism is defined as “the use of one’s words or ideas as one’s own, whether found in printed material or electronic media.” Incidents of cheating and plagiarism will result in parental contact and a grade of zero on that assignment.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Information

|  |  |  |  |
| --- | --- | --- | --- |
| First and Last Name(s): |  | | |
| Phone Number(s): |  | | |
| E-mail Addresses: |  | | |
| What is the best way to contact you? |  | What is the best time to contact you? |  |
| Progress reports are available electronically on Homebase/Powerschool Would you like a paper copy sent home with your child? | |  | |

I have read the Foods I syllabus, understand what is expected of my child in this course, and have reviewed this information with my child. I am also aware that I may contact Ms. Spruill with any questions and/or concerns that arise throughout the semester, and I understand that I may consult Homebase/Powerschool for access to my child’s academic progress throughout the semester.

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student’s First and Last Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Foods 1/Foods 2 **For the Refrigerator/Office**

**Communication:** Email is the best form of communication for me. During the school day, I am online. Please send me an email so that I can create a group for this semester’s parents. I will periodically send group emails to keep you all informed. If email is not an option for you, please call the school office and leave a message with the receptionist. I will get back to you as soon as possible. The school number is **919-463-8656**.

**Website:** My website for Foods 1 is: <http://spruill-foods1.weebly.com/>

My website for Foods 2 is: <http://spruill-foods2.weebly.com/>

Please visit these sites to get updated calendars and information for class. I will update this as often as possible. To get an update on grades, please go to Powerschool for that information.

**Homework:** Students in both Foods 1 and Foods 2 will occasionally have homework, the majority of which will be finishing projects started in class or doing a writing or research assignment. Although I do no assign daily HW, it is recommended that students refer back to any notes taken in class each day to reinforce their knowledge. Also, please encourage your child to write down his/her homework in a planner and check it every day. Students need to learn time management, and staying organized is imperative.

**Projects:** As a class, we will create projects, most of which are done in class. Please know that for projects I assign, I give time in class to work on them; therefore, time on task is very important. If students waste class time, they end up having more work to do at home. I believe in giving class time to work on projects because they are busy with other classes and extracurricular activities.

**Make-Up Work:** I am pretty lenient when it comes to missed work because of excused absences; however, late work will be penalized. Students who need to make up work they missed should come to SMART lunch asap to complete those assignments.

**Grades:** Parents can access grades on Powerschool. I will update grades at least every two weeks and will indicate if an assignment is “missing,” “late,” or “collected.”

**Cellphone Policy:** I have noticed over the past few years that recreational cellphone use during class has increased. PCHS is a BYOD school now, but cellphones may only be used in class for academic purposes. If your child is using his/her cellphone without permission, they will be reminded of the policy once, but if they continue, I will not remind them again. They will, however, be responsible for all content learned in class and for all activities completed that day. I believe that it is important for students to be held accountable for their own academic success. I appreciate your support in this matter.

**Ms. Spruill: aspruill@wcpss.net**