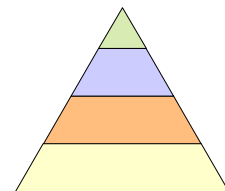




Course Title: Nutrition
Year: 2019-2020
Instructor: Ms. Leiding
Instructor email: hleiding@afsahighschool.com
Instructor Phone Number: 651-259-4963
Length of course: Trimester 2
Credits: .5 credits
Prerequisites: None
Grade offered: 10-12



Course Overview:

What do you think of when you hear Taco Bell, Wendy's, McDonalds, Dominos, and Culver's? Some may think: 'They are all fast food restaurants', while many others think: 'Those are just a few of the places that I eat during a given week'. In this introductory nutrition course, students will explore the newest frontiers in nutrition and learn how to apply nutrition principles to food choices. Solidly based on science, this course will help students understand how key nutrients (carbohydrates, lipids, proteins, amino acids, vitamins, water, and minerals) affect health, disease, energy balance, and weight control. Students will learn how nutrition needs change from infancy to adulthood and into the later years, and students will explore such global issues as food safety, food technology, and world hunger.

Supplies Needed:

COMPOSITION NOTEBOOK, highlighter, pen or pencil. Appropriate shop clothing (on specified days only): no baggy clothing or open-toed shoes and hair binders for students with long hair.

Textbook/Reading list:

Various handouts, books, journals and websites

Video list:

Chef's Afield, Food Science Videos and various internet derived clips.

Classroom expectations:

This classroom runs like a workplace. When the bell rings your work day in class begins.

CLASSROOM RULES: You must be respectful and responsible.

Homework expectations:

PLAGIARISM—STUDENT CHEATING

Plagiarism is a dishonest scholarly act and will result in penalty primarily determined by the instructor of the course or the school director. Normally, a student will fail any assignment in which plagiarism is evident and/or other disciplinary sanctions may be imposed. Repeated acts of plagiarism may result in failure of the course. Cheating may involve: copying from another student's assignment or test; using another person's idea, expression, or words without giving credit; preparing to cheat in advance by possessing a copy of a test, using notes during a test; or talking while taking a test.

Attendance/Participation:

Class attendance and active participation are important to doing well in this class. A daily participation grade based upon attendance, classroom and lab activities is a part of this course (20%). If a student knows they will be absent prior to class time, it is their responsibility to inform the teacher.

Tardiness: AFSA policy states that Students who are not in their assigned area within the school building at the beginning of the school day, within the designated time are tardy. Students will be marked tardy for the first five minutes of a class. After five minutes the student will be marked absent. Unexcused tardies or absences are truancies and will be treated as such. Students who arrive late to class are expected to remain in class for the remainder of the period.

This class will have multiple hands on activities; students will be required to participate in all activities. If you have a disability of any sort that does not allow you to participate in an activity please bring this to the attention of the teacher, accommodations will be made. Accommodations will also be made for in-class activities

Assignments

Much of the work/assignments in this course will be completed during class time, therefore attendance is extremely important! If you are absent, however, you are required to complete the following:

- Obtain class notes from a classmate
- Assignments: Pick up the assignment on the day you return to school (your job, not the teachers)
- Tests/Quizzes: Must be made up before or after school, not during class time.

Projects in this class will not be excepted unless they absolutely represent your best work.

Late/Make Up work policy:

Students who are absent from class will have 2 days for each day absent to complete the assignment. Work that is turned in late will result in an automatic 20% deduction. No credit will be given for work missed due to an unexcused absence.

Grading scale:

Percent	Grade	Percent	Grade
100	A+	78-79	C+
93-99	A	73-77	C
90-92	A-	70-72	C-
88-89	B+	68-69	D+
83-87	B	63-67	D
80-82	B-	60-62	D-
		59 and below	F

Grading

All exams, quizzes, assignments, lab exercises, participation, etc. carry the same weight when computing grades. Each assignment is worth their point value as it compares to the total points in the class.

Other information deemed necessary by instructor:

The Food Science facet of the Agriculture spectrum has a very small budget. To complete some labs students may be required to bring in lab materials (food or other ingredients) from home. Other activities that may require additional funding or supplies will be discussed as a class before a final decision is made.

Student Expectations

1. Students will arrive on time prepared mentally and physically for class.
2. Students will not show disrespect to all other people, animals and school property.
3. Any student receiving a C grade or lower will get grade sheets signed and parents will receive an informational phone call.
4. All individuals will take responsibility for their actions, follow all safety rules and be problem solvers.

Enrichment Activities

These extra activities can help you be successful in the field of Agriculture. If you are interested in sharpening your skills and developing your abilities in this area, I encourage you to participate in one or more of these activities.

1. FFA Career Development Events
2. FFA Public Speaking
3. FFA Leadership Activities

Communications

Parents are encouraged to communicate openly with the instructor. Feel free to send emails to hleiding@afsahighschool.com, or to leave a message with the secretary in the office.

Assignment Number #1

Get syllabus signed by a parent or guardian and turn it into the basket by Friday, December 6, 2019

Parent Signature

Name: _____

Signature: _____

Student Signature

Name: _____

Signature: _____

Goals for the Tri:
