

Course Title: Nutrition and Wellness
Instructor: Mrs. Mary Piper
386-322-6272, ext. 37773
mtpiper@volusia.k12.fl.us

Lab fee \$40.00 per year
\$20.00 Nutrition and Wellness (semester)
\$20.00 Principles of Food (semester)

Nutrition and Wellness is a ½ credit elective course followed by Principles of Food second semester.

Description of Course: The purpose of this course is to prepare students to understand the relationship between nutrition and wellness. The program also provides for selection, preparation, service and storage of foods. It allows students to use technology to practice meal management techniques directed toward nutritional food choices based on the life cycle. This course will provide an awareness of consumer issues relating to health and wellness.

CLASSROOM EXPECTATIONS

1. Each student is required to bring to class each day:
1” 3-ring binder notebook which includes:
notebook paper, syllabus, all noted, assignments, and handouts
2. Cell phone usage is allowed during **BYOT** activities **only**.
3. Be respectful – to everyone.
4. Do not leave your seat or the room without permission.
5. The procedures and policies of Spruce Creek’s Discipline Plan will be followed. It is the student’s responsibility to be familiar and to adhere to the code of conduct.
7. During food labs, all students are expected to be mature and act appropriately. If a student’s behavior compromises the integrity and safety of the student or their peers an alternate assignment will be given to complete.
8. This room must remain clean at all times. Throw away any trash in your area before you leave the classroom.

Assessments and Grading

• There should never be question of what your grade is or how you are getting it. Grades are usually entered on Pinnacle System within five school days. Students are expected to keep current with all grades via Pinnacle System. Class time will be provided to check Pinnacle System.

• Grading scale:

o 90%+ A;

o 80%+ B;

o 70%+ C;

o 60%+ D;

o below 60% an F

MAKE UP & LATE WORK

Make-up assignments are due in as many days as the student is legally excused from class- **EXCEPT WHEN THERE HAS BEEN A PREVIOUSLY ANNOUNCED ASSIGNMENT OR EVALUATION DUE DATE GIVEN!** If you attend school on the date an assignment is due – regardless of whether or not you attend this class - the assignment is still due that day!

Announced exams (and quizzes) are to be taken on the announced day - even if you are absent the day before. Make-up exams (and quizzes) **WILL** be given in a timely manner, as determined by the teacher. All make-up work is the responsibility of the student. Failure to complete or participate will result in 0 points for that particular assignment.

GRADING POLICY:

Three types of measurements will be used when looking at student achievement: diagnostic, formative and summative, with most of the weight of the grade based on performance in summative assessments. Examples of each assessment are as follows:

(0%) **Diagnostic**—pretests, informal observation, participation in class, etc.

(40%) **Formative**—quizzes, teacher questions, homework, group work, etc.

(60%) **Summative**—formal observations, tests, projects, term papers, exhibitions, etc.

Proficiency (70% or higher) on summative assessments will be critical to students receiving a passing grade for class.

INTERVENTION & REMEDIATION:

There will be up to five summative assessments, in addition to a quarterly/midterm/final cumulative assessment which may be weighted the highest among the summative assessments. Students will be offered the opportunity to retake one summative assessment per quarter. Students will be required to demonstrate **evidence of learning** before retakes are administered. Retakes must be done in a **timely manner** which will be determined between teacher and student(s), but will likely be within a **3 week** window of the administration of the original exam. **If said requirements are not met, the opportunity for retakes may be forfeited.**

Textbooks Adventures in Food and Nutrition Nutrition, Food, and Fitness

In addition to the textbook mentioned above, videos, computer software, internet research, information sheets, worksheets, nutrition lab, and various hands-on activities and projects are utilized to facilitate the learning process.

FAMILY, CAREER AND COMMUNITY LEADERS OF AMERICA (FCCLA): FCCLA is the Career Technology student organization for FACS. The mission of the organization is to promote personal growth and leadership development through FACS.

Materials for class

\$20.00 lab fee per semester (Nutrition and Wellness, Principles of Food)
1” notebook
Pen or pencil
Paper

PG-13 Movies

Often appropriate PG-13 movies or sections of PG-13 movies can be used effectively to enrich classroom instruction and accomplish identified objectives. If you give permission for your child to view such materials, please sign the form below and have your student return the form to me. If you do NOT wish to grant permission for your child to view any PG-13 movies or sections of PG-13 movies identified by the teacher during the curriculum, please contact me via e-mail or send a note in with your student. (Note: NO sections of “R” rated movies will ever be shown per Volusia County School Board policy.)

Standards

After successfully completing this program, the student will be able to perform the following:

- 01.0 Methods and strategies for using Florida Standards for grades 09-10 reading in Technical Subjects for student success in Nutrition and Wellness.
- 02.0 Methods and strategies for using Florida Standards for grades 09-10 writing in Technical Subjects for student success in Nutrition and Wellness.
- 03.0 Methods and strategies for using Florida Standards for grades 09-10 Mathematical Practices in Technical Subjects for student success in Nutrition and Wellness.
- 04.0 Determine the relationship of nutrition to wellness.
- 05.0 Analyze the effects of consumer issues on food selection.
- 06.0 Specify the nutritional needs of the young adults.
- 07.0 Assess the effects of eating disorders on wellness.
- 08.0 Apply the principles of meal planning and management.
- 09.0 Apply basic food preparation skills.
- 10.0 Practice appropriate food storage methods.
- 11.0 Integrate important scientific and technological principles to nutrition and wellness.
- 12.0 Demonstrate leadership and organizational skills.

Classroom Etiquette

The classroom is a place for learning, not grooming, especially in a food environment. If you need to floss your teeth, apply make-up, spray perfume, mousse your hair, put on lotion, clip your nails, etc, please, oh please, use a pass to the restroom to do your grooming in private. There are tissues and hand sanitizer in the classroom; please use them as necessary. We share the classroom environment. I expect that if you take something out, you will put it away. Let’s keep it neat and clean!

Eating in the Classroom

Due to the nature of this class, food and drinks are allowed in the classroom, but make sure all trash is disposed of properly.

This is to verify that I have read the Syllabus for Nutrition and Wellness Class and understand all the policies and procedures.

I understand and agree to observe all policies and procedures stated in the Spruce Creek High School Student Handbook as well as the POLICIES AND PROCEDURES for Nutrition and Wellness class.

Parent Printed Name _____ Class Period _____

Parent Signature _____

Student’s Printed Name _____

Student’s Signature _____ Date _____