

Family and Consumer Sciences

Foods & Nutrition

Mrs. Callahan's Classroom Rules & Expectations

BE RESPECTFUL

BE RESPONSIBLE

BE READY

Course Description:

(Grades 9 - 12) Students will learn the need for food and food supply, learning more and evaluating their own health on MyPyramid, nutrients (including various vitamins and minerals), health and wellness, and shopping for food to learn more about comparisons, and to get the most of their money. We will also discuss food safety and using proper equipment. We will learn different preparation techniques and cooking methods. Students will be introduced to careers within food and nutrition. As we get closer to the end of the first semester and into the second semester, we will look at the different food groups. We will do various kitchen experiments and labs focusing on food combinations. We will also look at baking basics and the students will be introduced to global foods.

Materials:

- Always bring something to write with and paper. It may be to your benefit to keep a section in your notebook just for this class. That way all of your notes and assignments will be together.
- Textbooks will be left in the classroom after class discussions. If you don't finish an assignment in the given class time, you are able to check out a book. Please sign the check out sheet and bring the book to class the very next day. If you damage and/or lose the book, you will be charged to replace the book.

Make-Up Work

- If you are absent, it is your responsibility to get any make up work you have from the teacher. Please do not ask me to look up what you are missing. You have access to your grades and can see what you are missing. You will have the number of days you were absent to turn in your make-up work. For example, if you missed 2 days of school, you will have 2 days to turn in all of your make-up work. *Any work that would have been due on the day of your absence is due the first day you get back.*
- How do I know what I missed? By the classroom door there will be a sheet with the assignments/homework that was assigned during class. This will be posted at the end of the day. The daily assignment will also be written on the whiteboard. If you miss more than one day of class, do not check the whiteboard, you need to check the assignments listed by the door, as the only assignment on the whiteboard will be the current one that was assigned for that day.
- When you turn in a late assignment, whether it was from being sick, a sporting event, or you simply did not hand in your assignment, you must staple a "Late Assignment" slip to the top of the assignment. You will then place this assignment in the "Late Assignment" box instead of the inbox on my desk.

Grading:

- This course is based on a total number of points. Each assignment has a number of points that will be mentioned before the assignment is given. If you come to class prepared and ready to learn, you put thoughtfulness and creativity into the classroom discussions, activities and projects, you will do great in this course.

Cell Phone Policy

- **ABSOLUTELY NO ELECTRONICS (besides your laptop)** are allowed! (cell phones, ipods, etc.) You know you cannot have it in class, so don't have them out during class. If I see it or hear it, I will take it.
 - 1st Offense: Verbal warning
 - 2nd Offense: I keep your phone for the rest of the day.
 - 3rd Offense: I turn your phone into the office.
- *Keep in mind that as the teacher, I can change this rule if too many people are abusing the rule, and I can take your phone if I see it, even if it is the first time you have it out.*

Laptop Policy

- I am so excited that Van Meter has the opportunity of having the new laptops for all of the students to use. This is wonderful and will make access to computers very easy. We will do a lot of things in class that will require us to use our computers (Pages, Numbers, KeyNote, Videos, WebQuests, etc), but please do not take out your computer unless I ask you to **OR** you ask permission.
- **IF** you would like to take notes on your computer, that is fine. If I see you checking your email, Facebook, Myspace, I-Chat, etc., I will ask you to put away your computer and you will not be able to take notes/work on an assignment/homework for the rest of the class period. Please wait to use these features when you are not in class. This disrupts others from learning and takes away our class time together.
- **If you continue to abuse your time on your laptop and do things not related to class, you will lose your privilege to use your laptop during FCS class time and will have to do assignments on your own time.**

Food Lab

- Before a foods lab, you and your group will be responsible for finding a recipe and you will fill in a "Lab Plans" form along with a "Work Schedule" form. On the "Lab Plan" form, you will fill out your recipe, needed ingredients, and specialty equipment needed. On the "Work Schedule" form, for each 5 minutes of class, list what each group member's task will be. Keep in mind; this includes rotating cleaning tasks (washing dishes, drying dishes, cleaning countertop, stoves, sinks, sweeping, etc).
- After a foods lab, you will need to write a short ½ page to 1 page paper reflection on the lab. You will also have a "Lab Assessment" evaluation form for you to fill out. I will also fill out a "Lab Assessment" form for the group. A guideline will be given to you after our first lab. Your reflection paper, your lab assessment evaluation form, and my observation of your participation will determine your lab grade.

- Throughout class either before or after a lab, we will be watching various “Good Eats” episodes from the Food Network with Alton Brown.

Assignment

- For all assignments, in the upper right hand corner, you need to use the following format in order to receive full credit for the assignment:

First Name, Last Name
 Period
 Date
 Assignment (Page Number & Questions Assigned)

- Points will be taken off if this format is not followed. It takes me longer to sort through and grade assignments if they are not labeled.

Classroom Expectations

1. Come to class ready to participate and learn!
2. Be in your seat before the bell rings.
3. Listen to and respect others opinions.
4. Respect the teacher and your classmates.
5. Treat others the way you would like to be treated.
6. Follow all safety and clean up procedures during a lab.
7. You are not allowed in the kitchen unless it is time for lab or I have asked the class to go to the kitchen. You may NOT grab any dishes/food without asking my permission (grabbing a glass for water).
8. Only one person at a time will be allowed to leave the room at a time and you need to ask permission before leaving the room.
 - * If you MUST use the restroom, you will be allowed to during individual work time. You are expected to use the restroom/get a drink before coming to class.
9. No put-downs/swearing/negative language will be tolerated! If so, you will be sent to the office for such behavior.
10. Come prepared! ALWAYS bring a writing utensil and paper to class.
 - * You will not be allowed to go to your locker because you should have all of your materials with you. Borrow from a neighbor if you don't have something.
11. ALWAYS have your work done on time before class!
12. Chewing gum is okay, but no food (other than lab foods) such as candy or pop is allowed unless it has already been cleared by the teacher in advance!
13. You are in the Family and Consumer Sciences classroom. Please do not work on homework for other classes. When you are done with an assignment for my class, you may then work on other assignments if you have them.
14. Please do your own work! No cheating or copying on daily work, tests, and projects/activities is allowed. You will receive a “0” for the assignment, and will NOT be allowed to turn it in again. Please ask if you need help, I am always here and want you to succeed.
15. Be respectful of substitute teachers. If I get bad reports, I can double any punishment that the substitute may have given you.

If you need help...

- I am more than willing to help! See me before or after school with any questions concerning projects, assignments, or upcoming exams.
- I am also available during 7th period. If you have an emergency and need to contact me outside of school time, my home phone is 986-4119. Please do not call me after 10pm.