Parents/ Guardians,

**Erin Stutts**

Foods 101, College Station High School

estutts@csisd.org – 979-694-5800

4th period conference (11:10 to 1:00)

**I am so excited to have your student in Foods 101 this semester at College Station High School. We have a fast-paced semester ahead. Here are the topics we cover:**

Safety and Sanitation

Nutrition

Consumer decisions

Kitchen equipment

Cooking terminology

Measuring

Reading recipes

Cutting techniques

Baking

Grains

Pasta

Eggs

Poultry

Beef

**Here’s how you can help your student make the most of his/her time in Foods 101:**

-***discuss food*** in your family. What do you remember eating when you were a kid? What recipes are special in your family? Any funny stories or memories about food?

-take him/her **grocery shopping**

***-ask your student to******be responsible for meal preparation*** for your family one night a week (or more!)

-***talk about nutrition*** and ask your student to lead a family effort to include nutritious choices in daily meals

**This class has a supply requirement! We go through lots of consumables, and I like to save my budget for food purchases. Choose three of these items for your student to bring to class!**

**** Glue sticks ( I am in need of lots of these!)

 Parchment paper

 Small paper plates

 Paper bowls

* Disposable forks

![C:\Users\estutts\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\88K3TSQF\MC900188107[1].wmf]()please cut and return bottom half! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have read the requirements for Foods 101. My student has permission to watch educational videos and tv shows related to instructional topics. I have noted food allergy or other dietary concerns below.**

**Student name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class period \_\_\_\_\_\_\_\_\_\_**

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**Parent name Parent signature Date**

**Public Notification of Nondiscrimination in**

**Career and Technology Education Programs**

College Station Independent School District offers career and technology education programs in 13 of the 16 nationally recognized clusters including but not limited to: Agriculture Science; Architecture & Construction; Arts, AV Technology & Communications; Business, Marketing, & Finance; Education; Health Science; Human Services; Hospitality Services (Culinary); Information Technology; Law & Public Safety; and Science, Technology and Engineering. Admission to these programs is based on age/grade level, space availability, and completion of identified prerequisites.

It is the policy of College Station Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of College Station Independent School District not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

College Station Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.

For information about your rights or grievance procedures, contact the Title IX Coordinator, Glynn Walker at 1812 Welsh, College Station, Texas 77840, (979) 764-5411, and/or the Section 504 Coordinator, Molley Perry, at 1812 Welsh, College Station, Texas 77840, (979) 764-5433.

**Notificación Pública de Prácticas No-Discriminatorias en**

**Carreras y en Programas de Educación Tecnológica**

College Station Independent School District ofrece programas de carrera y programas de educación de tecnología en 13 de los 16 grupos reconocidos nacionalmente incluso pero no limitados a: Ciencia de Agricultura; Arquitectura y Construcción; Artes, Tecnología de AV y Comunicaciones; Negocio, Finanzas y Mercadotecnia; Educación, Ciencia de la Salud; Servicios Humanos; Servicios de Hospitalidad (Culinario); Tecnología de Información, Ley y Seguridad Público; y Ciencia, Tecnología e Ingeniería. La admisión a estos programas se basa en lo siguiente: edad/nivel de grado, disponibilidad del espacio, y la finalización de los prerrequisitos identificados.

Es norma de College Station Independent School District no discriminar por motivos de raza, color, origen de nacionalidad, sexo o impedimento, en sus programas, servicios o actividades vocacionales, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, y la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda.

Es norma de College Station Independent School District no discriminar por motivos de raza, color, origen de nacionalidad, sexo, impedimento o edad, en sus procedimientos de empleo, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, la ley de Discriminación por Edad, de Rehabilitación de 1973, según enmienda.

College Station Independent School District tomará las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua inglesa no sea un obstáculo para la admisión y participación en todos los programas educativos y vocacionales.

Para información sobre sus derechos o procedimientos para quejas, comuníquese con el Coordinador del Título IX, Glynn Walker, en 1812 Welsh, College Station, Texas 77840, 979-764-5411, y/o el Coordinador de la Sección 504, Molley Perry en 1812 Welsh, College Station, Texas, 77840, 979-764-5433.