

Course Outline

- Safety and Sanitation
- Nutrition
- Consumer decisions
- Kitchen equipment
- Cooking terminology
- Measuring
- Reading recipes
- Cutting techniques
- Baking
- Grains
- Pasta
- Eggs
- Poultry
- Beef



**Lifetime Nutrition
and Wellness**



FOODS 101

COLLEGE STATION
HIGH SCHOOL

Syllabus



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CLASSROOM RULES

WORK HARD • DON'T WHINE

CLEAN UP! SAFETY AND SANITATION ARE NOT NEGOTIABLE

KEEP VOICES QUIET

BE KIND

HELP EACH OTHER

STAY IN YOUR WORKPLACE UNTIL THE BELL

FOCUS ON CLASS, NOT YOUR ELECTRONIC DEVICE

BACKPACKS UP FRONT



CONSEQUENCES

VERBAL OR WRITTEN REMINDER



TOGETHER WE'LL CALL YOUR PARENTS

OFFICE REFERRAL

Grading

70% Academic Achievement grades

30% Academic Practice grades

10 points off grade for each day work is late

Cheating or plagiarism results in a ZERO.

Daily required materials

Foods 101 spiral notebook

Blue or black pen

Absences

Make-up work is the STUDENT's responsibility. Check the calendar and the crate. Missing a lab will require a major paper-work assignment. You have number of days absent plus one to turn in work UNLESS it is a UIL absence.

Required supplies! Choose three:



- Gluesticks
- Parchment paper
- Small paper plates
- Paper bowls
- Disposable forks
- Disposable spoons
- Zip-top bags
- Foil



When do we cook?

We will prepare a few things during our nutrition unit in the first six weeks, but we don't get to serious cooking until mid-way through the 2nd 6 weeks. Be patient!

Can I pick my lab group?

No, but please tell me soon if there is a person in the class who you should not be paired with.

Why do we have to keep a spiral?

Everything needs to stay in one place, and the spiral is an easy way to keep up with that. **It will be a major grade each 6 weeks, and the final exam is open note.**

Can I get some extra credit?

Sure! Come in before school, during advocate, or after school and do some work in the kitchen cleaning and organizing. Ask me first, though!

Is this class fun?

Ummm, YES!!! I'm passionate about food and nutrition, and we will have a great semester!