

NAME_____Per._____ DATE_____

Food and Nutrition Core

Mrs. Leitheuser, NBCT

Course Outline and Expectations

Welcome to Food and Nutrition Core! This is a twenty week class with a pre and post exam as well as other tests, quizzes and food lab practicum's. Students will learn basic food safety and preparation techniques and is meant for those students thinking about a career in the food industry as well as those who would consider themselves more food enthusiasts. **Good attendance is critical in this class.** Not only will good attendance prevent gaps in learning but it is also necessary for developing a good work ethic, which is critical for success in life. There will be a cumulative final exam as well as an individual cooking final.

➤ **Supplies needed: a 1" binder due by:_____**

Grades are weighted in the following way:

Food Labs: 25 %

Tests/Quizzes: 25 %

Assignments: 25 %

Preparation & Readiness: 25 %

Preparation & readiness points (10 per class period) will be given DAILY for students who are present; on time, prepared with pen/pencil and binder and who positively contribute to the class discussion.

Food lab days are generally Wednesdays, Thursdays AND Fridays and if a student misses a food lab, it MUST be made up within 2 weeks or no points will be earned for that lab. Students will earn back preparation & readiness points when they make up the missed labs. Missed "cook day" labs must be made up in the kitchens at school.

Typically, we will cover a unit and have a traditional assessment (test or quiz) on the material while also *demonstrating* the knowledge in the food labs.

****** Many of my assessments will be completed and scored using *Socrative*- Students will use their phones/computers in-class to complete the questions. This method allows instant results so we can go over gaps in learning immediately.

Units to be covered:

- **Basic nutrition:**

Quick review of the nutrients.

- **Food preparation:**

Topics covered: Knowledge, skills and practices required for food production. Focus: appliances, equipment, measuring, cooking techniques and recipe use and conversion as well as mise en place in the kitchen.

- **Safety and Sanitation in the kitchens**

Topics covered: Safety procedures in kitchen setting, safe storage and handling of food, cross contamination and preventing food borne illness.

- **Food Lab:** Learn about and demonstrate cooking techniques for: **Fruits and fruit products** – Fruit sauces, jams, butters and/or chutneys as well as fruit hand pies.
- **Food Lab:** Learn and demonstrate cooking techniques for: **Milk and milk products** (skills taught and practiced: basic white sauce and rouxs) Prepare cream soups and sauces or dips
- **Food lab:** Learn and demonstrate cooking techniques for: **Vegetables and vegetable products** (knife skills taught and practiced)
- **Food lab:** Grains and Grain products (pasta or rice dishes)
- **Career Pathways**

Topics covered: Investigate careers, personal suitability to careers and ways to practice skills now that may help them in future employment. .

- **Food Lab: Meat**

There will be both an individual cooking final as well as written final.

Please don't hesitate to call or email with any concerns. I maintain an Ed-line account and post notes and hand-outs there. I can be reached via email:

bleitheuser@acsdny.org or the high school: (845) 486-4860

Thank you,

Mrs. Leitheuser, NBCT

Student name_____

Food & Nutrition Core

Period_____

Mrs. Leitheuser, NBCT

Please acknowledge with your signature below that you understand the expectations and have received the grading structure for Food & Nutrition Core.

Student signature_____

Parent/guardian signature_____

Date_____