

## **Food and Fitness Syllabus and Classroom Expectations**

**Instructor:** Mrs. Allison Kreifels  
**Phone:** 402-443-4332  
**Email:** akreifels@esu2.org  
**Address:** 2201 N Locust, Wahoo, NE 68066



\*Please allow a 24 turn-around on communications as I may not have time to contact you in the same day that you contact me. Every effort will be made to respond to all emails and phone calls within 24 hours.

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**Text:** Foundations of Restaurant Management and Culinary Arts Level 1 (c 2009)  
Textbook will be checked out to each student and will be returned by the student at the end of the course. If a student does not return a book or the book is returned in poor shape, the student will be charged the price of a replacement text.

**Daily Materials Needed:** writing utensil, paper, 3-ring binder, (his needs to be a separate 3-ring binder [1-2 inches wide] used exclusively for this class.)



### **Course Description:**

This class is designed for students who have an interest in learning the basics of nutrition, how food affects the body, and food preparation. Course instruction will center around the components of a healthy diet including the Food Guide Pyramid and the RDI. Students will be participating in a variety of laboratory opportunities using the kitchen facilities to learn more about and improve their nutrition savvy. All labs for the class will be focused on healthy eating and improving family and community nutritional habits.

### **Objectives:**

Objectives for this class are based on the National Family and Consumer Sciences Standards and Competencies in the area of Nutrition and Wellness and can be found at [http://www.doe.in.gov/octe/facs/NASAFACS/sc\\_1.html](http://www.doe.in.gov/octe/facs/NASAFACS/sc_1.html). In addition, students will be trained in the ProStart Program to help succeed in a restaurant or hospitality setting.

### **Classroom Expectations:**

1. Student will be on time and prepared for learning everyday.
2. Student will complete assigned tasks on time.
3. Students will strive for academic success and work to their full potential.
4. Students will use work time appropriately.
5. Students will demonstrate respect for people, property, and themselves.
6. Students will respond appropriately to staff member directives.

### **Consequences:**

1. A glance or change in teacher's location.
2. A verbal warning issued to the student.
3. Quick Conference and WEBSS problem-solving process. Parent/guardian will be notified by teacher.
4. Detention will be given. Parent/guardian will also be notified by teacher.
5. Student will be sent to the office and parent/guardian will be notified.

### **Severity Clause**

The teacher reserves the right to change the order or skip steps in the consequences should the severity of the offense warrant it.

### **Special Conditions**

Due to the nature of this course, if a student is unable to effectively control their behavior to ensure their own safety and the safety of other students, an alternative arrangement of their schedule may be done. In addition, students not be allowed to participate in lab experiences until they pass their kitchen entrance test. Students are also expected to maintain a high level of classroom work. If they are unable to do so, lab experiences may be suspended for the student.

Students, male and female, that have hair that when straightened out comes below the eyebrows are expected to find a way to effectively restrain their hair. They may do this through clips, bobby pins, headbands, hair nets, or pony-tail holders. Students are not to remove food out of the room unless they bring their own plastic containers for the food and can pick the food up after school. Students will often be able to eat the food they prepare but are not allowed to share it outside of their kitchen group.

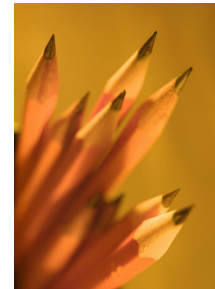
Finally, teamwork is vital to a student's success and enjoyment of this course. Students are expected to actively participate in all classroom and lab experiences in order to learn on their own as well as assist their group members.

### **Late Work Policy**

Students will be given two weeks from the due date of an assignment to turn in any late work. The grade the student receives will be reduced 10% each week for late work. Students who have an excused absence or are absent for a school activity will not lose the 10%. Students who are absent will have one week from the date of their return to class to complete the work. Students who miss a lab experience are expected to make up the time at home or school within one week of their return.

### **Tardy Policy**

Any student who is not present at the time of the final bell without a note from the office or another teacher will be considered tardy. If a student must return to their locker to get materials necessary to be a productive member of the classroom will also be considered tardy. Any time a student is tardy, the offense will be recorded into PowerSchool. If a culture of tardiness results, the student will have to complete a problem-solving plan through WEBSS or be assigned an afternoon detention.



### **Procedure for Leaving the Classroom**

If a student should need to leave the classroom to get a drink, get additional work from another class, or go to the bathroom, for example, they may only do so when the teacher is not instructing the class. Otherwise, the student will be allowed to leave after the teacher has signed their agenda, which will then serve as their hall pass.

### **Cheating and Plagiarism Policy**

Any student who is caught cheating including working with another student when not permitted, copying responses, or plagiarizing (taking someone else's ideas as own) will receive a "0" on the assignment and will be referred to the office. See pages in Student Handbook for additional details.