



Welcome to
**Lifetime Nutrition
& Wellness**

Mrs. Scherr

Room # 201
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MrsScherrNutrition.weebly.com
Conference Periods 1st & 6th

Things you need to know...

Grading:

Grades are available online.

Minor Grades: 25% - Daily class work and notebooks

Major Grades: 40% - Big projects, quizzes, and tests.

Lab Grades: 35% - Combination of lab performance, participation, and written lab assignments.

Make-Up Work:

You are accountable for any assignment missed, no matter the circumstance. It is your responsibility to access assignments from Mrs. Scherr's class website and complete them in the correct amount of days. You have one block class day to make up an assignment for every class period missed.

Late Work:

Student may submit assignments up to 4 days after original due date with a 10 point penalty per day late.

After 4 days a student may earn up to a 50 for completion of assignment or alternative assignment comparable to original assignment, in the classroom with teacher. This assignment must be completed no later than 1 week prior to the last day of the grading period.

Exception: performances and projects as dictated by the teacher.

Attendance/Tardy Policy:

Good attendance is essential to excel in class. If the student is going to be absent it is the student's responsibility to see me in order to develop a plan to keep the student on task. Student is absent if they are more than 45 minutes late to class. I follow the AHS tardy policy as outlined in the student handbook.

Cell Phone Policy:

Cell phone are not allowed to be used in the classroom unless otherwise noted by the teacher. Phones are never allowed in the kitchens. Phones must be surrendered to the teacher when a student uses a hall pass and during testing.

Class Expectations:

- Show respect for yourself, classmates, and the teacher.
- Always put forth your best effort. *"Good, better, best. Never let it rest. 'Til your good is better and your better is best."* ~ St. Jerome
- Come to class prepared to learn.
- Pay attention, participate and ask questions.
- Take responsibility for your own actions.

Class Rules:

1. Put AWAY cell phones & electronic devices.
2. Arrive to class on time & ready to learn.
3. Do not cheat, plagiarize, or copy another person's work.
4. Use polite and appropriate language at all times.
5. Do your best work & turn it in on time in the appropriate place.

Consequences:

1. Non-Verbal warning
2. Verbal Warning
3. Conference After Class
4. Phone Call/Email Home
5. Office Referral

Supplies:

Composition Notebook
Notebook paper
Pens and Pencils
Hair ties

What we'll be learning this year...

Leadership and Teamwork in a Lab Setting
Food Safety, Sanitation, and Storage
Measuring Skills
Knife Skills
How to Use Kitchen Equipment
Nutrients in Food
My Plate
Understanding Food Labels
Healthy Food Choices
Long Term Effect of Food Choices
Diet Related Diseases and Disorders

Food Allergies & Intolerances
Digestion & Metabolism
Therapeutic Diets
Meal Planning Throughout the Lifespan
Cultural Foods
Hunger
Menu Planning
Food Buying Strategies
Budgeting
Manners and Table Etiquette
Careers in the Industry

**Topics and sequence subject to change at teacher discretion.*

Course Objective:

This laboratory course allows students to use principles of lifetime nutrition wellness to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services, and health sciences.

Movies/shows we MAY watch:

*Food Inc.	Hungry for Change
*Fresh	GMO OMG
*The Weight of the Nation	TED Talks
Forks Over Knives	*Fed Up
*Supersize Me	Food Chains
Fat, Sick, and Nearly Dead, Parts 1 & 2	Food Matters
Ratatouille	Ingredients
Temple Grandin	*A Place at the Table
Vegucated	Master Chef
Food Safety Videos	Chopped
Dying to be Thin	

If the student or parent has concerns with any of these films please let Mrs. Scherr know at the start of the school year. *An alternate assignment will be given in the event that there is an issue with a particular film.* All movies/clips may be accessed by YouTube, Netflix, Amazon Prime, or network website with the exception of The Weight of the Nation which is an HBO production that has its own website for viewing. *Please note that other films/clips may be added as new productions that pertain to nutrition arise.* A movie/clip permission slip is attached to this course syllabus.

Student's Name: _____ Class Period: _____

Movie/Video Clip Permission

Please select one of the following pertaining to the student viewing videos in this class:

_____ I will allow my child to view ALL of the videos listed on the syllabus.

_____ I will NOT allow my child to view ANY of the videos listed on the syllabus.

_____ I will allow my child to view all of the videos listed on the syllabus EXCEPT for the following: (Please List)

If you select for your child to NOT watch any video shown in class, an alternate assignment will be given to him/her during the time the video is shown.

Important Dietary Information:

We will be preparing and eating various foods in this class. Please list any dietary restrictions and food allergies that your child has. If there are none, please write N/A.

Dietary Restrictions:

List any Food Allergies:

Syllabus Acknowledgment:

By signing below, I agree that I have read and understand the information provided in the syllabus (pages 1 & 2).

Student Signature

Date

Parent/Guardian Signature

Date

Kitchen Lab Agreement

Participation in kitchen labs is a privilege for students who follow kitchen rules and safety procedures.

Kitchen Laboratory Rules:

1. Follow all directions from the teacher.
2. Complete all of your lab duties.
3. Stay seated in your kitchen area when you are not working.
4. Follow all safety procedures.
5. Do not throw anything. (Trash, potholders, utensils etc....)

If a student is unable or unwilling to follow the above rules the following consequences will take place.

Consequences

1. Verbal Warning
2. Removal from the lab, alternative assignment will be required.
3. Loss of kitchen privileges for the next Lab, alternative assignment will be required.
4. Permanent Loss of kitchen privileges.
Student will complete alternative assignments during remaining labs.

*Severe infractions will lead to immediate removal from the cooking lab and an office referral.

Lab Attire:

- | | |
|----------------------|---------------------------------------|
| 1. Closed toed shoes | 4. No tiny tank tops |
| 2. Long hair tied up | 5. No dangling jewelry or large rings |
| 3. No loose sleeves | 6. Always wear provided apron |

Absent During Lab

Labs count as a major grade. If you are absent you will be required to complete a make-up lab at home. Your parent/guardian must sign off that you completed ALL steps BY YOURSELF. You are required to take a picture during the process and of the final product with place setting.

I understand that the above rules must be followed to keep myself and others safe during kitchen labs. I understand that if I chose to break any of the above rules it may result in a loss of my kitchen privileges and will complete the alternative assignment assigned by Mrs. Scherr.

Student Signature

Date