

## **Nutrition & Wellness Syllabus**

Fall 2015

Instructor: Mrs. Kayla J. Richard

### **Course Purpose:**

Nutrition and Wellness is an introductory course valuable for all students as a life foundation and academic enrichment; it is especially relevant for students interested in careers related to nutrition, food, and wellness. This is a nutrition class that introduces students to only the basics of food preparation so they can become self-sufficient in accessing healthy and nutritious foods. Major course topics include nutrition principles and applications; influences on nutrition and wellness; food preparation, safety, and sanitation; and science, technology, and careers in nutrition and wellness. A project-based approach that utilizes higher order thinking, communication, leadership, management processes, and fundamentals to college and career success is recommended in order to integrate these topics into the study of nutrition, food, and wellness. Food preparation experiences are a required component. Direct, concrete mathematics and language arts proficiencies will be applied. This course is the first in a sequence of courses that provide a foundation for continuing and post-secondary education in all career areas related to nutrition, food, and wellness.

### **Content Standard Domains:**

- 1) Personal Academic & Career Success
- 2) Nutrition Principles & Applications
- 3) Influences on Nutrition & Wellness
- 4) Food Preparation, Safety, & Handling
- 5) Science, Technology, & Careers in Nutrition & Wellness
- 6) All Other Common Core Literacy Standards

### **Major Course Learning Objectives:**

Upon completion of this course students should be able to:

- 1) Demonstrate fundamentals to career success (e.g. strong work ethic, goal setting, time-management, positive attitude, adaptability/flexibility, stress resilience, Accountability, self-discipline, resourcefulness, cooperation, self-assessment)
- 2) Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources.
- 3) Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g. food fads and fallacies, extreme procedures for weight management, sports supplements, nutritional supplements)
- 4) Explain how geographic location, climate, and economic factors affect food selection and availability.
- 5) Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques.
- 6) Examine and explain developments and trends in food marketing, and their impacts on family and consumer choices.

### **Materials Needed:**

- 1) Pencils for everyday use
- 2) 2 Pocket Folder to be used for course only

**Assignment Breakdown for Semester:**

- 1) Final Exam (15%)
- 2) Weekly Blog Post & Response (15%)
- 3) Kitchen Labs (15%)
- 4) Lab Final Presentation/Activity (10%)
- 5) Quizzes (10%)
- 6) Home Work Assignments (10%)
- 7) 2 Meal/Menu Assignments (10%)
- 8) Nutrition & Wellness Debates Participation (5%)
- 9) Marketing Assignment (5%)
- 10) Daily Participation Grade (5%)

**Total** \_\_\_\_\_ **100%**

**\*\*Note:** All assignments are subject to change. Please check on Harmony for grade postings. No individual extra credit opportunities will be given. However, extra credit opportunities may be given to the entire class throughout the semester. You can also find syllabi, assignment information, and due dates on the class webpage (<http://heritagehillsfacs.weebly.com>).

**\*\*Note:** Any missed assignments will be given two weeks to make-up. 10% will automatically be deducted for every day the assignment is not turned in. If the assignment is not turned in by the tenth school day the student will receive a "0" for a grade for that particular assignment. If there are special circumstances (sickness, death in family, etc.) , those will be taken into consideration and additional time may be given to make-up an assignment. However, if a student was present for an assignment, but missing the day of school of which the assignment is due, that assignment will still be due upon their return to school. Again, special circumstances may be given, but if the student has had time to complete the assignment and only misses the day of the project deadline, the timeline will not be elongated.

**\*\*Note:** You/Your child will be doing weekly blogging assignments in class. If for some reason you/your child can not get these posts completed during class time the site to access this blog is ([nscscnw.blogspot.com](http://nscscnw.blogspot.com)). Please see the next page for the blogging etiquette agreement. This needs to be signed and brought back to Mrs. Richard by August 21<sup>st</sup>, 2015. Please be sure the agreement is signed by both the student and the parent/guardian.