

# Foods and Nutrition

Instructor: Mr. Hudec      Web Page: [www.hudecfoods.weebly.com](http://www.hudecfoods.weebly.com)

Room #:

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This course is designed to prepare you to be self-sufficient in the kitchen in all aspects from planning, preparation, and nutrition.

## **Topics: may include, but are not limited to:**

- Kitchen Safety and Sanitation
- Food Preparation Skills and Terminology
- Meal Management (covering all food groups and general culinary techniques)
- Nutrition Management and Nutrition Across the Lifespan
- Being a smart consumer
- Organic vs. conventional foods
- Food/Appliance Advertising

## **Grading will be based on the following:**

- Homework
  - Assignments/Worksheets
  - Projects
- Quizzes/Exams
- Food Labs - Labs based primarily on process and participation rather than the actual final product. With the exception of the Final where presentation, taste and use of food are considered.

## **Safety**

Due to the potential dangers of food preparation and cooking any student who is acting in a manner that is dangerous to themselves or other will be removed from the class and receive a Zero for their grade.

## **Website:**

Please utilize my website [www.hudecfoods.weebly.com](http://www.hudecfoods.weebly.com) for all presentations, assignments, review topics, lab guidelines, etc. Almost all assignments given in class can also be accessed from the site if additional copies are needed.

## **Kitchen Safety and Sanitation**

Students are responsible for maintaining a safe and sanitized work area in their kitchen. The first week of class will be dedicated to understanding these principles, including prevention of food-borne illness. If a student fails to maintain a safe and sanitized kitchen, the instructor has the right to dismiss that student from the lab. The student will also lose all points for the day's lab. A safety and sanitation contract will be read and signed within the next week detailing the expectations of the kitchen.

## **Food Labs**

After two missed food labs, you will be required to prepare a recipe for your family members and complete an associated worksheet in order to make up the points (2 labs free, 3<sup>rd</sup> -begin make-up assignment). Each cooking lab is worth at least 20 points so be sure to complete the make-up summary in order to maintain a good grade in the class.

For the most part, kitchen groups will be choosing their own recipes. Most food will be provided for labs; however if a food item found in the recipe cannot be purchased due to unavailability or price, students have the option of bringing in the food item themselves.

## **Class Expectations**

1. Be respectful
2. Be organized
3. Be energized
4. Be on time

Failure to live up to these expectations will result to consequences deemed appropriate by the instructor.

## **BRING ALL MATERIALS WITH YOU BEFORE THE BELL RINGS**

### **Excused Absences:**

If you have an excused absence, it is your responsibility to check my website and/or see me for your missing assignments. Students with excused absences will receive 1 day per absent day to complete missed assignments. Assignments turned in following this period will have the late work policy applied.

**Unexcused Absences:**

Unexcused absences will result in receiving ZERO points for the day's activities/participation.

**Late Work:**

Due to the fast paced nature of summer school. No Late work will be accepted. Extreme circumstances will be reviewed and subjected to Mr. Hudec's decision.

**Honor Code:**

Any student caught cheating will receive a ZERO for the given assignment/quiz/exam. As well as the fullest extent of discipline action will be taken.

I am looking forward to the opportunity to work with you throughout the semester. By signing below, you are stating you understand the requirements of the course and the expectations of yourselves. Please have your parent/guardian sign below so they are aware of the requirements/expectations of the course as well.

**Note:**

You do not need to cut this portion off. Once in Skyward, this syllabus will be returned to you for your reference.

Please read and sign:

I have read and understood the expectations and requirements of Family Foods

Student Name (please print): \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parents/Guardians: If you have any special skill/experience in relation to the class or would just like to come observe the class itself, please feel free to call or e-mail me to set up a time, or write your phone number below for me to contact you.

Also, please feel free to contact me if you have any concerns/suggestions about the class or your child. I look forward to working with you and your child(ren) this semester!