**Foods I Syllabus**

**Fall 2015**

**Sheila Weidner**

Dear Student:

I am excited about having you this semester. While you may think that we only cook in this class, we still have to do bookwork and take tests. I want this to be a class that we all can have fun in while getting work done.

Foods I is designed to help students understand methods and procedures for safety and sanitation while preparing healthy foods during the Foods I Fundamentals course, as well as at home. It consists of two essential standards, one focusing on kitchen safety, food safety and sanitation, work plans, resource conservation. We also learn about recipes, types of kitchen equipment, food preparation terms, and procedures for food preparation. The second standard focuses on table manners and etiquette, life cycle needs and nutrition.

We will start out with food safety. You have to pass the food safety test with a score of 100 in order to cook. There will be opportunities to retake the test before lab day. If necessary you may be permitted to test while the other students have the cooking lab.

If scheduled work is not completed by Thursday 3:00 p.m. of each week you will not participate in the cooking lab and you will not be allowed to eat.

Grades are calculated by weight. That is, all tests, labs, and class work are averaged for 80%, and the final - VoCATS is equal to 20%.

Class participation counts as a big part of grades. I usually do not assign homework. **BUT** there may be an occasion when I may have to assign work that did not get finished in class as homework.

**EVERYONE** is expected to participate in the food lab and to **take his or her turn washing the dishes.** If not then you will receive a zero for lab, which counts as 25% of grades.

**The following is a list of items required in Foods I Class:**

* Hair restraint (rubber band, scarf, hair net)
* Apron

**Classroom Rules:**

1. Respect yourself

2. Respect others

3. Respect your classroom/skills lab/school

4. Follow all school rules.

**5. No cell phones out in class**. **Parents please do not text or call students on their cell phone during class**. If an emergency occurs, please call school office at 704 -636 - 4420. I will be happy to let you talk to your child while she is in my class if an emergency occurs. These items should be turned off and put up during class. If this problem occurs they will be given to the main office to return to parents. This is a major distraction in class and is the main reason a student doesn’t do well in my class. Parents please help by emphasizing this to your child, as we both want them to be a success.

6. **Computers are to be used for instructional purposes only at the teacher’s instruction and should be put away when not being used in class.** No watching movies, video clips, shopping for prom dresses, hairstyles, shoes etc. If this is a problem, a meeting will occur with parents, students, and administration. I want your child to succeed and have a wonderful future. Distractions hinder this process.

**Each student will be on a schedule to wash dishes and clean the kitchen throughout the semester.**

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Home and/or cell phone numbers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_