Syllabus

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What You Should Already Know

Since this is a beginning food and nutrition class, you just need an interest in the subject of food and nutrition and an interest in learning to prepare simple meals and snacks.

Course Learning Outcomes

Once you have completed this course, you should be able to do the following:

1. Explain how different nutrients help your body function.
2. Identify foods containing nutrients that are necessary for good health.
3. Use ChooseMyPlate.gov (http://www.ChooseMyPlate.gov) to set goals for healthy eating habits.
4. Safely prepare simple and nutritious meals and snacks.
5. Identify a variety of careers available to you in the food industry.

Course Materials

This course is self contained; there are no additional academic materials. In addition to the course materials, you'll need:

- A kitchen with adequate food preparation materials (measuring tools, cutting tools, cooking/baking pans, etc.)
- Camera (regular or digital)
- Access to the Internet

Course Organization

Units

There are six instruction units in FOODS 41 and a final portfolio assignment at the end. Each unit includes several units. Each unit includes discussion material for you to read, activities for you to complete, and Self Check questions for you to answer to see how well you understand the material.

Assignments

Each unit in FOODS 41 includes a graded assignment. For units 1 through 6 this is called a unit quiz. Each unit quiz consists multiple-choice questions that cover the material in the unit.

Portfolio Assignment

In each unit, you will complete some tasks and save the work to turn in at the end of the course as your portfolio. You can learn more about this assignment and the way its grade breaks down by reading the portfolio submission sections.

NOTE: You must pass the portfolio assignment with at least a 60 percent score on it or the entire assignment must be redone and resubmitted. This assignment must be passed before you can take the final exam.

Exams

The final exam for this course consists of one hundred multiple-choice questions. These questions will be similar to the unit quiz and self check questions.

Grading

The following tables show the weight for each graded event and the grading scale used for this course.

Graded Event	Quantity	Weight
Unit Quizzes	6	10% each
Portfolio Assignment	1	20%
Final Exam	1	20%

Grade Scale

A	100–93
A-	92–90
B+	89–87
B	86–83
B-	82–80
C+	79–77
C	76–73
C-	72–70
D+	69–67
D	66–63
D-	62–60
E (FAIL)	59–0

Portfolio Grading Rubric

General Portfolio Formatting & Submission	
· Used .JPG files for food pictures · Food is properly labeled. *(Details on pg. 18 - Name of recipe, Lesson #, your name, date) · Photos clear and **right-side-up**! · Used .PDF, .DOC, .DOCX, or .RTF file format for **Lessons 2 & 6** · Lesson files properly labeled (example: Lesson 1 – Broccoli.JPG) · Lessons submitted in correct order.	
Lesson 1 (submit only one)	
***Must be correctly labeled to earn credit** • Broccoli Cookout • Corn Bread (entire pan, not just a piece) • Banana Bread (entire pan, not just a piece)	10
Lesson 2 - Lifestyle Analysis	
• Information typed *(Pictures of handwritten work will not be accepted.)* • Information complete and accurate. Using your 2 day food charts, a*ddress each of these points.* 1. For each of the **5 food groups**, compare and contrast what you ate with what is recommended according to MyPlate. (Fruit: Each day I ate ____ cups and _____ is my recommendation.) 2. Show knowledge of at least **one Dietary Guideline** and how it contributes to your diet or lifestyle. 3. **Exercise** – what is your recommendation according to The Dietary Guidelines? Example: According to The Dietary Guidelines, _____ minutes of exercise are recommended for me daily. I exercised _____ minutes each day. 4. **Goals** - Goals need to be listed and be specific. (How will you incorporate missing foods into your diet? What type of exercise are you	30

going to do each day?) 5. **Regardless of the suggested length**, it is important to include all required information for this assignment. This assignment requires you to demonstrate knowledge of MyPlate.	
Lesson 3 (submit only one)	
***Must be correctly labeled to earn credit** • Complex-carb Muffins (entire pan, not just one) • Stir Fry with Rice • Granola Mix • Spaghetti Sauce on **Pasta** • Quick Bread (entire pan, not just a piece) • Fat-Free Shake • Blended Breakfast	10
Lesson 4 (submit only one)	
***Must be correctly labeled to earn credit** • Apple Crisp (Entire pan, not just a piece. Make sure to show apples, too!) • Potato Bar (Potato must be garnished; not just plain baked potato.) • Cheese Quesadilla (Cut and plate so cheese shows.)	10
Lesson 5 (submit only one)	
***Must be correctly labeled to earn credit** • The Good Egg (If cooking egg in shell, peel and plate so inside shows.) • Burrito Baby (Cut and plate food so the legumes inside show.)	10
Lesson 6 - Food & Nutrition Career Interview	
• Information typed *(Pictures of handwritten work will not be accepted.)* • Person's name and occupation listed. • 5-7 sentences summarizing your interview. • 3 specific things you learned *(bullet these 3 points after your summary)*	30

Total Points	100