



Syllabus

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Tips for Success

If you're new to online courses, or if you just need a quick refresher, be sure to take a look at the Student and Parent Handbook.

Course Learning Outcomes

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

1. Identify what your nutritional needs are, as well as the needs of other age groups.
2. Prepare a variety of delicious foods using a number of food techniques.
3. Interpret the information on food labels.
4. Use budget and shopping strategies as part of being a wise consumer.
5. Plan economical, healthy meals, along with using time management techniques.
6. Set a table correctly, using proper etiquette.

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.)
- Digital camera to take pictures of completed meal preparation activities.

Assignments

You will complete these assignments during the course.

Unit Quizzes

Each unit in FOODS 43 includes a graded assignment. For units 1 through 7 this is called a unit quiz. Each unit quiz consists of approximately twenty multiple-choice questions that cover the material in the unit. Every few units you will complete a review quiz that covers topics from previous units; there are three review quizzes.

Portfolio Assignment

At the midpoint of the course, and again after the final unit, you will turn in a portfolio of your work. You can learn more about this assignment by reading the portfolio submission sections. Portfolio assignments include recipe activities and writing activities.

Exams

You will complete one final exam for this course.

The final exam for this course consists of about fifty multiple-choice questions. You will not be able to use your manual or any notes.

Grading

Your grade in this course will be based on these assignments and exams:

ASSIGNMENT OR EXAM	GRADING	PERCENT OF TOTAL GRADE
7 Unit Quizzes	Computer	32%
3 Review Quizzes	Computer	3%
2 Portfolio Assignments	Instructor	40%
1 Final Exam	Computer	25%

Resubmissions and Retakes

For information about resubmitting assignments, please contact your AK Grad instructor.

Grade Scale

Your letter grade is calculated according to these percentages.

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%