

# Food and Nutrition

## Family and Consumer Science

Hillcrest High School

Shannon C. Pratt

### Course Description:

This course content will be based upon the Alabama Course of Study: Family and Consumer Sciences. This is an elective, one half-credit course that allows students to explore the relationship among food, nutrition, and wellness while preparing foods creatively. Students will assess the components and lifelong benefits of sound nutrition and fitness practices and to apply these principles to their everyday lives. Course content includes health and wellness, laws and legislation, nutritional needs across the life span, fad diets and food addictions, hygiene and health procedures, food preparation, recipe evaluation, kitchen food, equipment and space safety, etiquette and technology. In addition, students will explore their creativity in food preparation and menu evaluations. Professional career opportunities in foods, nutrition, wellness and culinary arts will be addressed.

### Fees:

A required \$25.00 course fee should be paid in full upon entering class.

### Textbook:

There will be no distribution of textbooks. A classroom set remains in the department for student use: *Food For Today*.

### Essential Functions:

- Keep organized notebook
- Take accurate and useful class notes

- Complete assignments/homework
- Read and comprehend the text and supplemental readings
- Communicate in writing and orally using standard grammar, sentence structure and paragraph development
- Understand and respond accurately to higher order test questions
- Participate in class discussions
- Actively participate in class laboratories
- Perform work in cooperative groups in an orderly manner

### Supplies:

- 1 “white three-ring-binder with plastic overlays
- Blue or black pens/pencil
- Loose leaf notebook paper
- Dividers (5)
- \$5.00 for Professional Chef Apron (you may purchase from teacher)

### Grading /Assessment:

Points will be earned by daily work, laboratories, tests, projects/activities and notebook. Students will be responsible for keeping up with grades on a “Notebook organization sheet.” Dividing points earned by total points possible will determine grade.

### Policy/ Philosophy:



## Course Objectives:

- Explain how food choices and food production are influenced by psychological, social, culture, nutritional, economical, global, environmental, geographical, and technological factors.
- Interpret legislation and regulations related to food production and consumption.
- Determine nutritional and fitness needs of individuals and families across the life span.
- Analyze nutritional standards in planning recipes and menus to meet nutritional needs of individuals across the life span. (USDA Dietary Guidelines for Americans, USDA Food Guide Pyramid.)
- Evaluate the impact of diet fads, food addictions, and eating disorders on fitness and wellness.
- Prepare a nutritious meal: Interpreting recipes, safe and correct way to use equipment, food safety in handling, service, and storage, using correct hygiene and health procedures, organizing kitchen space, and demonstrating a variety of creative food presentation techniques.
- Apply management principles when planning, purchasing, preparing, storing, and serving food.
- Judge the quality of prepared food.
- Demonstrate etiquette, manners, and proper table settings for various occasions.
- Determine the impact of technology on food production, choices, and nutrition. (Biotechnology, hormone injection.)

## Family, Career and Community Leaders of America; (FCCLA)

All students will participate in this service as a part of the class curriculum.

## Course Outline:

1. Exploring Food Choices
2. The Nutrients You Need
3. Guidelines For Good Nutrition
4. Planning Daily Food Choices
5. Food and Fitness
6. Special Topics in Nutrition
7. Kitchen Principles – Culinary Essentials
8. Recipe Skills
9. Cooking Methods
10. Mealtime Customs
11. Planning Meals

12. Shopping For Food
13. The Food Supply
14. Buying For Kitchens
15. Convenience Foods
16. Vegetables and Fruits
17. Grains, Legumes, Nuts and Seeds
18. Dairy Foods and Eggs
19. Meat, Poultry, Fish and Shellfish
20. Food Combinations
21. Baking
22. Culinary Professional Careers
23. Foods of the World
24. Foods of the United States

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**Character Education, Leadership, Citizenship and Service Learning are integrated into the curriculum.**  
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*Welcome to my classroom! I am excited to have you in class and anticipate a great experience at Hillcrest High School! Please visit the Hillcrest High School Website for current school events.*

*Shannon C. Pratt*  
*spratt@tass.net*

**Student Signature:**

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**Parent/Guardian Signature:**

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### Personal Electronic Devices

Technology can be a valuable educational resource. Students are allowed to use electronic and technological devices at **SPECIFIED** times and **ONLY** when authorized by the teacher for an instructional purpose. Devices such as smart phones, Kindles, Nooks, laptops, and iPads are items that students can use at the designated time. Students may also use these devices to replace paperback/hard-cover novels required for purchase/use for reading assignments. **If a student is using a device inappropriately (not in accordance with classroom instruction or TCBOE policy), consequences will be enforced as stated in the Code of Conduct Handbook.**

