

Western Hills High School
Family and Consumer Science
Lifetime Nutrition and Wellness



Miss Gibbons Room 219
Class Syllabus

COURSE DESCRIPTION

This laboratory course allows students to use principles of lifetime wellness and nutrition to help them make informed choices that promote wellness as well as pursue careers related to hospitality and tourism, education and training, human services and health sciences. Recommended prerequisite: Principles of Human Services. This course is recommended for 10-12th grades.

SUPPLIES NEEDED

1. Three ring binder, 1" with clear sleeve front and back.
2. Spiral with 150 pages.
3. 3 X 5 index cards
4. Black or Blue pen or pencil.
5. Markers and colored pencils.
6. Glue stick
7. Dividers for notebook or construction paper to make them.

EXTRA CREDIT SUPPLIES

1. Facial Tissues
2. Paper Towel
3. Hand Sanitizer
4. Writing Pencils
5. Notebook Paper

Each student is responsible for their own supplies. Student participation grade is affected if students are not prepared for class daily.

GRADING POLICY

The student's grade will be determined as follows

Class work/Labs/projects	40%
Participation (involved in active participation and clean up of labs)	30%
Tests and Quizzes	30%

CLASS RULES AND EXPECTATIONS

1. Students are expected to be prepared for learning and active learning when the bell rings. It is the responsibility of each student to conduct him/herself in a disciplined, mature manner. If any of the following occurs repeatedly, the student's grade can be lowered and or additional disciplinary action will occur. **Please show good behavior by not doing the following:**

A. Lack of courtesy toward others in class; not listening when others are talking; being rude or making rude comments; holding private or group conversations during lecture or discussion; and making harassing statements to or about someone.

- B. *Combing hair, putting on make-up, putting on lotion or perfume, etc. in class or when class is going on.*
- C. *Cell phones or MP3 players that are **on** or **visible** during my class period. These are taken up.*
- D. *Eating, drinking (**anything other than clear bottled water**), candy, or chewing gum in my classroom. Students are only allowed clear bottled water.*

Eating is only allowed during tasting time in labs.

*Show responsibility and respect by treating teacher and fellow classmates in a courteous way, and by following the Student Code of Conduct and the WHHS Student Handbook. **Have a GOOD attitude.**

DAILY STUDENT GUIDELINES

Thank you for remembering.....

1. Arrive to class on time and be in seat when bell rings.
2. School tardy policy will be strictly enforced.
3. Bring all supplies to class every day. You will not be allowed to go back to your locker to retrieve your supplies or assignments.
4. Go immediately to your seat upon arriving in the classroom, look at the class objectives, look at the promethean board, and begin sponge or journal writing when the bell rings.
5. Use the restroom between classes as passes will be limited to 3 a semester and this includes water breaks. You must have a current 2011-2012 student ID to leave class.
6. **DRESS CODE WILL BE ENFORCED!**
7. Proper class participation whether in study, discussion, or group work is required.
8. Grades are not given, **YOU EARN THEM!**
9. Clean up your area and leave it as clean as you found it, if not cleaner.
10. Dismissal is approved by teacher.

DAILY WORK & Routine:

1. Journal (Bell ringers)
2. Class Instruction (listen to directions the first time).
3. Family work (group work)
4. Individual time to work
5. Clean UP
6. Class Dismissal

Students are not to bother the equipment/appliances unless directed to do so. When students enter the lab to work, they must follow directions at stations, prep lab, and get to work.

Consequences:

1. Teacher/Student Conferences
2. Teacher/Parent/guardian Conference
3. Lunch Detention
4. Discipline Referral

ATTENDANCE/MAKEUP WORK/TUTORIALS

1. Since a grade is given daily, it is important to be in class everyday.
2. If you are absent on “planning” day for a lab, you will not participate in the lab. An alternate assignment will be given.
3. It is the responsibility of the student to ask for any missed work, the day they return. You have two days for each day missed to make up work and that includes the day you return. Please see the teacher for makeup work at the **end of the period**.
4. All missed tests are given during tutorials at 8:00 am Tuesday/Thursday, during lunch or by appointment.
5. **Absences due to school related activities:** If you are absent for school related activities you are not allowed make up work , it must be turned in on time (before you leave).

TEXTBOOKS

1. Students will not be assigned a textbook. A class set is used in the classroom.
2. Textbooks are available to check out if a student needs to complete makeup work. If the book is not returned, a “hold” will be placed on student account.

INTERNET

Occasional research will be done and students will use the Internet. If the student does not have a sticker on their ID to use the Internet, research will need to be done outside of class or at home.

PARENT CONFERENCES

Parents please feel free to contact me at any time if you wish to arrange a conference or discuss your student. You can reach me at 817-815-6062 or by email: alesia.gibbons@fwisd.org Also, I encourage you to visit the Fort Worth ISD Parent Portal. The Parent Portal allows you to access your student’s grade, attendance, and conduct as frequently as you wish and keeps you up to date with your student’s most current grades.

COURSE OUTLINE

Part 1-Effective Work Habits
Teamwork
Time Management
Problem Solving
Part 2-General Nutrition
Principles
Nutrients
Affects of Nutrition
Dietary Guidelines
Part 3-Food Safety and Sanitation
Food and Equipment
Food-borne illnesses
Hygiene
Part 4 Food Management Principles
Recipes and measurements
Preparation techniques

Purchasing and storage strategies
Table service, presentation, and
etiquette
Part 5 Digestion and Metabolism
Process of digestion and metabolism
Physical activity and fitness
Balance of calorie intake and use
Part 6 Lifetime Effects of Nutrition
and Wellness
Effect of food choices
Nutritional needs for life cycle and
lifestyle
Nutrition content and portion sizes
Part 7 Careers in Nutrition
Training and education
Setting goals
Entrepreneurship

CLASS AGREEMENT

I have read and understand the course information. I will abide by the above policies and procedures and do my best.

Student: I agree to the rules and expectations of the Kitchen Lab in room 219 and will successfully follow class guidelines and expectations of the Lifetime Nutrition and Wellness class listed on the previous pages. I will be respectful to Ms. Gibbon's and keep communication lines open if I have issues in my studies and I will take responsibility for my actions, and efforts while in her class.

Student signature

Date

Parent: I agree to be familiar with the requirements of the course listed above and to help my son/daughter to be a responsible and mature student in Ms. Gibbon's lab. I have read and understand the class guidelines and expectations of the Lifetime Nutrition and Wellness class listed on the previous pages. I will immediately notify Ms. Gibbons if I have any concerns with my student or their progress in Lifetime Nutrition and Wellness. I have provided my current cell number below.

Parent signature

Date

Parent Cell Number

Teacher: I agree to teach the course listed above at a level and pace as outlined by FWISD curriculum. Parents and students will be notified immediately if assigned work or assessments are unsatisfactory, or if issues are preventing the student from being successful. I will contact the parent on the cell number provided above, and will make all efforts to communicate in a professional, timely manner.

Teacher Signature

Date

Please return signed form to Miss Gibbons, Room 219