

HIGH SCHOOL NUTRITION

Syllabus for 2023-2024

Course Description:

This elective course is designed for students in high school. We will study the 6 essential nutrients and how the human body uses food. We will study the food groups, nutrition guidelines, and how to keep a healthy body. We will also develop skills in food preparation, kitchen safety and sanitation, cooking skills, measuring, recipe reading, making and following a plan, team work, and problem solving. We will practice our skills in a variety of ways: Individual work, Small Group Learning, and Project Based Learning. The students will focus on visual and hands on learning as much as possible. These topics will be supportive of lifelong learning.

Goals:

The students will improve and gain knowledge in the following topics:

- Essential Nutrients and how they help the body
- The Digestive System & how the body uses food
- Dietary Guidelines for Americans -which provides advice on what to eat and drink to meet nutrient needs, promote health, and prevent disease
- Healthy Lifestyle Choices
- Food Groups
- Food & Kitchen Safety
- Basic Kitchen Equipment & Measurement
- Following Recipes
- Making Grocery Lists
- Basic Baking and Cooking Methods
- Teamwork, Planning, & Problem Solving

Contact Info:

Here are all the ways you can contact me (Gaylynne Coates):

gaylynne.coates@cdhl.wa.gov

VP: 360-553-4622

Divine #300 & 301, 2nd per.

Extra Assistance:

If a student would like more information or extra assistance, he/she can set up a time to meet me. If you have any questions or concerns, please contact me.

Communication is important. I am here to help.

Classroom Expectations, Curriculum, Materials, & Grading:

Expectations:

- Respect Yourself, Respect Others, and Respect Property.
- Be on time.
- Be prepared for class.
- Attend to presenter & Support everyone's learning.
- Electronic devices are not permitted during class time.
- Best effort & Great attitude.

Curriculum Materials: Food for Today and Other Online Sources and Teacher Materials.

Materials Needed: Pencils & Eraser, Paper, Notebook, Folder, and WSD Chromebook.

Grades are based on:

- In-class assignments and activities,
- Class participation
- Homework assignments,
- Projects, &
- Quizzes/Tests

Absences & Tardies:

Students can make up missed assignments within a reasonable time frame. It is the student's responsibility to ask me.

We will follow the school's tardy, attendance, and grading policies.