

Teacher- Elizabeth Stotts
Family & Consumer Sciences
Food, Nutrition & Wellness
Room-10
lstotts@nccisd.net
School phone- 234-8138

Course description-

This course is an understanding of nutritional need and food choices for optimal health of individuals across the lifespan. The course will develop knowledge about nutrition, choices in the marketplace, preparation and storage of food, chronic diseases and food safety.

Outline of topics covered in course:

- I. Effective Work Habits
- II. General Nutrition Principles
- III. Food Safety and Sanitation
- IV. Food Management Principles
- V. Digestion and Metabolism
- VI. Lifetime Effects of Nutrition and Wellness
- VII. Careers in Nutrition

Textbook: Guide to Good Food

Course Expectations:

Students will abide by all the rules listed in Nueces Canyon High School Student Handbook. Students are expected to participate in all class and lab activities. Lab guidelines will be followed to insure student safety. Students are expected to come to class with pencil and paper.

Grading: **Daily 65%**
 Projects or Lab 20%
 Tests 15%

Course Rules and Expectations:

Students will abide by all the rules listed in the Nueces Canyon High School Student Handbook.

Students are not allowed to use cell phones while in class.

Cell phones must be turned off at all times and kept out of site. This also means no I Pods, mp3 players, etc.

Be punctual

Students should respect others and property

No eating, gum and drinking in class unless it is a project.

Stay seated until dismissed.

No talking while I'm talking

Computers off, on only when we are using them that day or you have been given permission.

No offensive language or swearing.

Materials Required:

1 spiral notebook

Three ring ruled writing paper

Pencils

Blue or black pens to write with (no red)

Make-up Work Policy:

It is the student's responsibility to ask Mrs. Stott's for missed assignments. The student will have three days to make-up the work missed due to absences and one additional day for each day missed in succession. In cases of unexcused absence, make-up work will be allowed, but a grade of 80 will be the maximum allowed. A student will be permitted to make up test and to turn in projects due in class missed because of absence, but a late penalty will be assigned in accordance.

For any class missed, any assigned make-up work within the time allotted will receive a grade of zero for the assignment who does not make up the work in the allotted time.

Format:

Textbook study; various types of tests; computer projects; classroom lab activities;

Student Information Sheet

Student Name

Dear Parents/Guardians,

Thank you for taking time to fill out one more form! I will keep this contact information close at hand so we can stay in touch throughout the year. Check our NCCISD Website for school updates. You may call the office at 830-234-8132 for help with parent access to the TXGradebook.

Does your student have access to a home computer____printer____Internet

Parent/Guardian Name

Daytime Phone home and /or Cell Phone

E-mail address

We have read the Family and Consumer Science Syllabus and understand the expectations and procedures.

(Please Print) Parent/Guardian name

Parent/Guardian Signature

Student Signature

Date

Please note any additional information that might help me provide assistance for your child

Thank you for returning this completed form by Friday, August 31, 2012

