**Cooking and Nutrition I Syllabus**



The Cooking and Nutrition I course is designed to give students basic cooking skills as well as the tools to make healthy eating choices. In this class you will prepare a variety of foods. Kitchen and food safety will be emphasized throughout the course.

**Measurement Topics:**

We will be utilizing the following measurement topics as a basis for the course:

* Demonstrate food safety and sanitation procedures.
* Demonstrate preparation techniques to produce a variety of food products.
* Analyze complex health concepts related to nutrition.

**Proficiency-Based Grading:**

* Assessments and projects will be graded on a four-point rubric.
* All assignments must be kept in your binder. Your binder will be collected on a regular basis.
* Homework, quizzes and in-class assignments will help you prepare for the assessments.

***Remember the 4 Keys to Success:***

* *Be Safe*
* *Be Respectful*
* *Be Responsible*
* *Be Involved*

**Additional Information:**

* Assignments must be completed on time.
* Only turn in quality work.
* Come to class on time and prepared for class.
* Come to class with an open mind.
* Please bring your positive attitude to class.
* Cell phones are to be turned off during class.
* Be prepared to participate in class.
* Be a team player.
* Follow all school rules while in the classroom.

If you or your parent/guardian needs to contact me I can be reached via phone (leave a detailed message and I will get back to you as soon as possible) or drop me an email. My contact information is located at the end of the document. Please do not hesitate to contact me at any time and I will get back to you as soon as possible.

Parent/Guardian - Please sign the bottom of the sheet and have your child return it to me ASAP. Thank you.

I look forward to a wonderful semester.

Mrs. Lorraine Tanguay

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MVHS Family and Consumer Sciences

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Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_