

6th Grade Health & Nutrition Class Outline, Procedures, and Grading

Class Outline

- Healthy behaviors
- Choose My Plate – the new “pyramid”
 - Building a healthy plate
 - § Fruits
 - § Vegetables
 - § Protein
 - § Grains
 - § Dairy
 - Dos and Don'ts
- Kitchen and food safety
- Cooking in cooperative groups
- Using food labels
- Using cookbooks to find recipes
- Social and Emotional Health including healthy/unhealthy relationships, stress, decision-making, problem solving, and listening skills

Procedures

- Student agrees to follow posted Social Contract and classroom procedures; the main one being “Please use Good Manners and Common Sense” (please let me know if you would like a copy)

Grading

- Trimester grade will be determined by a good faith effort on daily activities, class participation, homework, quizzes and tests.

I thank you in advance for your support. Please let me know if you have further questions. If you care to use email as a contact method, please include below.

Susan Knauf
Life Skills/Health Teacher

Student Signature and date

Parent Signature and date

Email address

Class Hour