



Food, Nutrition, and Wellness

School Year: 2023-2024

Instructor: Mrs. Daniela McCowan (Room 425)

Email: Daniela McCowan

Vision: To be a Beacon of Light and a Place of Hope, where exceptional opportunities are accessible to all.



Motto: **W**E ARE...

Aspiring

Respectful

Hardworking

Achievers

Worthy

Knowledgeable

Successful



WE ARE...Warhawks!!! WE ARE... Warhawks!!! WE ARE... Warhawks!!!

Course Description:

Food, Nutrition, and Wellness is the foundational course in the Nutrition and Food Science Pathway. The focus of the course is centered on healthy food and lifestyle choices. Students will investigate the interrelationship of food, nutrition, and wellness to promote good health. Mastery of standards through project-based learning, technical skills practice, and leadership development activities of Family, Career and Community Leaders of America (FCCLA) will provide students with a competitive edge for either entry into the education global marketplace and/or the post-secondary institution of their choice to continue their education and training.

Student Materials:

- *Students will need a spiral tablet or notebook with paper in it exclusively for this class.
- *Colored pencils, markers, pens and a highlighter.
- *Students are allowed to donate and bring unopened food items to use in the Cooking Lab.
- ***Mrs. McCowan's Wish List for Class** -Hand Sanitizer, Kleenex, paper towels and Dish Detergent

**Student Evaluations / Grading:**

Grades will be weighted in Infinite Campus as follows:	
<u>Practice Work:</u> <i>Classwork, Assignments, Lab Assignments, Group Work and Evaluations</i>	40%
<u>Assessments/Projects:</u> <i>Unit Assessments, DoK 3 Tasks, Lab Analysis</i>	40%
<u>Final Exam</u>	20%

Make-up Policy:

Upon returning from an absence it is the student's responsibility to check the "#411 Wall" for missing assignments. Any missed assignments must be made up within the same number of days that the student missed. Make-up quizzes, tests, and classwork will be rescheduled according to school policy. Turning in late work after the due date will result in 10 points taken off. Once the due date for the current unit has passed, no work from that unit will be accepted. ***Be aware: Late work WILL NOT BE ACCEPTED without a written excuse!***

Classroom Rules:

- Students are expected to be **Prepared, Prompt, Polite, Productive** and **Positive**.

Classroom Expectations:

- No cell phones may be used during class.
- If a cell phone is visible a parent will be contacted to pick up your phone.
- All cell phones must be put in its assigned slot on the board or in your backpack.
- All backpacks will be put in a designated area in the classroom for students' safety.
- No hoodies are to be worn in the classroom.
- No airpods, earbuds or headphones are allowed.
- Students are expected to remain in their assigned seat at **ALL** times.
- Students are expected to demonstrate employability skills in the classroom & the lab.
- No food or drinks are allowed in the classroom.
- Food and drinks will be kept in the Lab not the classroom.
- For labs, students must **PASS** the Safety & Sanitation Assessment **AND** turn in the signed Lab Contract (both student and parent signature).
- No sleeping/laying your head on the table. If you're feeling ill you will go to the nurse.
- No student is allowed to get anything off of my desk without permission.
- Students unable to follow directions or who have behavior problems or are behind with their class assignments will **NOT** be allowed to participate on days the class is



engaged in food labs. They will receive an alternative assignment.

Learner Level/ Grade Scale:

Distinguished	92 or above
Proficient/Mastery	80 – 91%
Developing	71 – 79%
Beginning	0 -70%

Cheating Policy:

A grade of zero will be given for the task and disciplinary action will be taken.

Social Media:

There are various forms of social media that will be used to highlight and acknowledge student achievement and involvement in community programs and activities. Pictures may be posted on these social media sites (twitter and instagram), unless you specifically request for them not to be used. ****Please contact Mrs. McCowan immediately by clicking my name at the end of the sentence if you do not wish for your child's picture to be used on any social media platform.**** Daniela McCowan

Click Below to sign Syllabus Acknowledgement Form

[Syllabus Acknowledgement](#)

Click syllabus and acknowledgement and feel out the Google For.

****This course syllabus will be posted online and students will email a link to their own parent/guardian as a way of confirming the details included in this document. If you have any questions or concerns, please contact Mrs. McCowan via email. I will consider this document confirmed upon student email****