

Nutrition across Lifespan

Syllabus 2019-2020

Teacher: Connie Staggs

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Office hours; 7:30 –3:15

CTSO Sponsor for Family, Career, and Community Leaders of America/FCCLA

Teacher Schedule:

Time Frame	1st Semester	2nd Semester
8:00 am -- 9:20 am	1st block: Planning	1st block: Planning
9:25 am -- 10:45 am	2nd block: Intro to Human Studies	2nd block: Intro to Human Studies
1st lunch/ 11:17 am --12:35 pm	3rd block: NS&DT	3rd block: NS&DT
12:40 pm -- 2:00 pm	4th block: Nutrition across Lifespan	4th block: Nutrition across Lifespan
2:05 pm -- 2:50 pm	5th block: 1st year students: Foundations of Fashion Design 2nd year students: Fashion Design	

Course Description:

Nutrition Across the Lifespan is for students interested in learning more about becoming a dietitian, nutritionist, counselor, or pursuing a variety of scientific, health, or culinary arts professions. Upon completion of this course, proficient students will understand human anatomy and physiological systems, nutrition requirements, as well as social, cultural, and other impacts on food preparation and integrity.

Program of Study Application: This course is an applied knowledge course in the Dietetics & Nutrition program of study. For more information on the benefits and requirements of implementing this program in full, please visit the Human Services website at <https://tn.gov/education/article/cte-cluster-human-services>.

Classroom Rules and Expectations/Discipline Policy:

1. Attendance Policy
 - I will be following the attendance policy set forth by the county that is included in the student handbook that the students receive at the beginning of school
2. Technology Policies
 - Students will follow all safety procedures for use of any equipment they will use in my classroom and if they intentionally damage will be held accountable for damage and lose use privileges in class.
 - NO Cell phones: refer to pg 27 of student handbook. If violation occurs student will place phone in designated safe place and pick up at end of class.
 - If a student needs to leave the classroom, their cell phone will be placed in this safe place until they return, at which time they pick up and return to their own storage place.
3. Discipline Policy
 - We will follow the discipline policy and procedures that are outlined in the student handbook.
4. Ethics/Violations of Academic Integrity:

- Ethical behavior is an essential component of learning and scholarship. Students are expected to understand, and adhere to, the school's academic integrity policy stated in the student handbook. Students who violate this policy will be referred to the office.
5. Conduct and Behavior
- There will be NO outside food or drink (except a water bottle with a lid) during class, unless permitted by the teacher or for health reasons (teacher must have prior notification through the school nurse/parent).

Grading Policy:

Classwork --counts 50%

Test/labs/projects--50 %

Make-up Work Policy:

All missed work will be made up within 2 days following an absent for full credit (per school board policy).

Also, I allow a makeup day mid nine weeks and last of nine weeks this will only be graded if complete at a 70.

If you ever see a "5" as a grade in the parent/student portal that is an indication that I have graded that assignment and your child did not complete that assignment.

Instructional Materials:

Food for Today (Glencoe) Copyright 2011 and Guide to Good Food Binder and other digital sources

Classroom Supply List:

Chromebooks and charger will be needed daily in class, paper and pencil, and any reusable plastic food containers that you are willing to donate to class--these can be sour cream, yogurt, sandwich meat, etc. type containers that my students can take leftovers to lunch/home--must have a lid that fits. One of these would be greatly appreciated tissues, hand sanitizer, Clorox wipes.

Major Assignments:

This course is a hands-on, lab environment type atmosphere. The student will be asked to create and produce a variety of dishes and will be asked to taste these foods. Students will be required to conduct themselves in a professional manner and they will be required to score 100% on a safety and sanitation exam.

Standards and Pacing Guide

Introduction to Safety and Sanitation (2 weeks)

Micro/Macro Nutrients and Nutrition Overview (2 weeks)

Digestive System (GI) (1 week)

Diet Analysis, Eating Disorders, and Obesity (2 weeks)

Nutrition Labels and Nutritional Information, My Plate (2 weeks)

Menu Planning, Proper Service, and Etiquette (1 week)

Meal planning and nutritional needs through the lifespan (1 weeks)

Lifestyle and Nutritional Needs (1 week)

Food Labs (integrated throughout the semester)

Chemically processed foods Google slides presentation on senses

<https://docs.google.com/presentation/d/1LwgWewkqMiY-eUdbEC5Udu1u4vsfQYyiGaTsODiSANI/edit#slide=id.p60>

Syllabus Confirmation

Please sign and return this bottom portion to acknowledge that you and your student have received the 2019-2020 course syllabus for Mrs. Staggs' Nutrition across Lifespan class.

Student Name: _____

Student Signature: _____ **Date:** _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ **Date:** _____

I would like to encourage your child to join FCCLA. Dues for 1st time members are \$25 and will include their required Polo for any district and state meetings we attend; returning members will be \$15 if they paid for Polo last year. Students are encouraged to take part in our competitive events based on our standards. Their participation can earn them scholarships for college.