

**Frederick Douglass High School**  
**Family & Consumer Sciences Department**

Course Title: Foods and Nutrition II

Teacher: Jill Turner, Janay Brooks, and Apryl Johnson

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Textbook: Guide to Good Food

I. Course Description

- Aim: This semester course provides students with additional hands-on activities to further analyze the importance of nutrition as it relates to wellness. This curriculum emphasizes food safety and sanitation to ensure a safe food supply. Students have the opportunity to become Certified Food Handlers by taking the National SERVSAFE Certification Examination at the completion of the food safety and sanitation unit. Students further explore career paths that lead to employment in the field of nutrition. Foods and Nutrition I is a prerequisite for this course.
- Topics covered: Identifying interest and skills required for a career in foods and nutrition; evaluating personal interest and skills; organizing information to complete a job search; identifying biological, chemical and physical hazards associated with sanitation; identifying *critical control points*; practice effective management in all aspects of meal planning and preparation.
- Length: *1 Semester. 90 minutes every other day.*
- Prerequisites: *Foods and Nutrition I*

II. Instructional Philosophy

- Students will be able to evaluate their particular skills and interest in order to plan career goals, organize information to complete a job search, prepare resumes and cover letters, assess the potential hazard of food based on proper preparation and storage and demonstrate computer literacy by utilizing basic nutritional software.
- Instruction will be delivered through the use of Textbooks, videos, periodicals, writing reflections, article reviews and laboratory summations, and food preparation.
- Students will work independently on individual assignments and reports as well as in groups for presentations and group laboratory assignments (cooking).
- Guest Speakers will be invited to speak to the classes on Careers in Foods and Nutrition, and Chefs will be invited to do demonstrations.
- Students will be evaluated on quality of classroom preparation, accurateness in following lab procedures, quality of foods prepared, tests, and quizzes and written assignments.

III. Major Course Projects

- Students will work co-operatively with team members to design their own business;
- Research an event when large amounts of people were affected by a food-born illness.
- Prepare an audio-visual presentation to advertise their business.

IV. Assessment Plan/Grading Factors

- Class work.....25%
- Food Laboratories and Plans.....25%
- Test and Quizzes.....25%
- Quality of daily preparation.....25%

V. Pacing Guide

Safe and Sanitary Food Supply.....	4-6 weeks
Careers.....	6 weeks
Food Technology.....	2 weeks
Weight Control and Fitness .....	4 weeks

VI: Additional Information (Optional)

- Materials needed for class include pencil, pen, paper and 3 ring binder
- Rules and procedures (See Attachment)