

Frederick Douglass High School Family & Consumer Sciences Department

Course Title: Food & Nutrition I

Teacher: Jill Turner, Janay Brooks, and Apryl Johnson

Contact Information: Jill.Turner@pgcps.org, Janay.Brooks@pgcps.org,

Textbook: Guide to Good Food

I. Course Description

- *Aim: This course is designed to strengthen the understanding and importance of nutrition as it relates to wellness. The focus of this course is to assist students in making healthy food choices based on Dietary Guidelines, the Food Guide Pyramid and nutrient groups. Students will explore career paths that lead to employment in the field of nutrition. This course is required for students who choose the MSDE Approved Completer Program, Dietitian Assistant.*
- Topics covered: Nutrition and Wellness, Factors that influence food choices, the Food Guide Pyramid, Dietary Guidelines as they pertain to specific age groups, Measuring, Recipe Reading, and Food preparation procedures.
- Length: *1 Semester. 90 minutes every other day.*
- Prerequisites: *none*

II. Instructional Philosophy

- Students will be able to define nutrition and wellness, explore dietary guidelines, analyze the Food Guide Pyramid to determine which of the Dietary Guidelines applies to them, read, interpret and follow a recipe, practice measurement skills using customary and metric measurements, review and practice safety in food preparation.
- 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 design and build a Food Guide Pyramid
- Group presentation on Digestive Diseases
- Nutrition Labeling and Package design

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

- Sanitation and Safety.....1 week
- Kitchen Management.....3-6 weeks
- Understanding the Food Guide Pyramid.....1 week
- Nutrients.....4 weeks
- Current Issues in Nutrition.....1 week
- Meal Planning.....3 weeks
- Weight Management.....2 weeks

VI: Additional Information (Optional)

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