

CENTRAL HIGH SCHOOL

Nutrition & Culinary II

Jackie Lehmkuhl

COURSE SYLLABUS

Course Description:

Through demonstrations and lab experiences, this one semester course will allow students to expand their knowledge of the nutritional consequences and procedures affecting the content of food. The course will continue to include emphasis on safety & sanitation, food purchasing, and food conservation, as well as the introduction of careers in the field of food and nutrition.

Course Objectives:

Upon the successful completion of this course, students will be able to:

Discuss the nutrients found in the food groups

Discuss standards for storing raw and cooked foods in each of the food groups

Combine foods of the food groups to prepare new recipes

Identify ways to serve foods

Experiment with various ingredients and methods of cooking in the preparation of recipes

Discuss various roles in the food industry

Required Class Materials:

A large 3 ring binder with dividers

Notebook paper

Pencil or black/blue pen----- NO colored ink!

Text:

Food for Today

Course Outline:

Chapter 17: Grains, Legumes, and Nuts/Seeds

Chapter 20: Soups, Salad, and Casseroles

Chapter 21: Baking

Chapter 24: Meal Planning/Entertaining (mixed through out)

Chapter 25: Careers (mixed through out)

Major Assignments:

Cumulative Semester Notebook: assigned first day and due the last week of the semester

Grading: Grading scale as found in the student handbook

Class Policies & Procedures:

Student /Parent will be given a list of classroom expectations (rules) the first full day of class and asked to sign and return. Students will be given a copy and the teacher will retain the original in the classroom files.

In most all cases, homework collected at the beginning of the class period. If not turned in on time, must be turned in to the office by 8:15 am on the next school day.

In the event of an absence, student is responsible for collecting own make-up work from the appropriate file in the classroom. Time to complete absent work follows school policy as stated in the student handbook.

In the event of an absence on a lab day, students will be required to complete a lab make-up which will consist of 1 12 font, double-spaced typed paper summarizing a topic related to food and nutrition. The paper will also state how the information relates to class, the student's opinion of the article and the reasons they feel as such. The article will be attached to the back of the paper for verification and original author credit.

Miscellaneous:

Prerequisite of "C" or better in Foods 1

Fee charged

Instructor Contact:

During school hours at 815/694-2321 or by email at jlehmkuhl@cusd4.org