

**CENTRAL HIGH SCHOOL**

**Foods 1**

**Jackie (Fink) Lehmkuhl**

**COURSE SYLLABUS**

**Course Description:** This one semester course will teach students the basic components of good nutrition, including the interpretation and understanding of food labels, the food guide pyramid, and eating patterns based on the health and age of the consumer as well as the safety, sanitation, and sensory qualities of food. Lab experiences will provide students with the opportunity to prepare basic recipes from each of the five food groups.

**Course Objectives:**

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

Discuss the causes of food borne illnesses

Explain how proper food handling practices can prevent food borne illnesses

Name the six nutrients, how they each affect the body, and food sources for obtaining these nutrients

Give guidelines regarding calorie needs and guidelines

Describe the food groups in the Food Guide Pyramid

Give guidelines for planning healthy daily food choices

Identify the techniques advertisers use to sell products

Evaluate and critiques newspaper articles, ads, and other information related to food and nutrition

Identify varying nutrition needs for various ages and stages of life

Identify types of eating disorders as well as causes and effects of each illness

Identify equipment and tools used in food preparation

Understand and use terminology used in food preparation

Plan meals using the Food Guide Pyramid, shopping strategies, and food labels

Discuss nutrients found in foods in each of the food groups

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

Prepare basic food recipes in four of the five food groups

**Required Class Materials:**

A large 3 ring binder with 12 dividers

**Notebook paper**

**Pencil or black/blue pens----- NO colored ink!**

**Text:**

**Food for Today**

**Course Outline:**

**Chapter 7: Food Safety & Sanitation**

**Chapter 2: Nutrients**

**Chapter 3: The Food Guide Pyramid**

**Chapter 6: Special Dietary Needs in Nutrition**

**Chapter 8 & 9: Kitchen Equipment & Tools**

**Chapter 11 & 12: Meal Planning, Shopping, and Preparation**

**Chapter 24: Garnishing**

**Chapter 16: Fruits & Vegetables**

**Chapter 18: Milk, Dairy, and Eggs**

**Chapter 19: Meat, Fish, and Poultry**

**Major Assignments:**

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

**Food Diary & Analysis: assigned third –fourth week of class and due approximately 1 week later**

**Grading Scale: 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 LIFE course

Fee charged

**Instructor Contact:**

Daytime: During school hours at 815/694-2321 or by email at [jlehmkuhl@cusd4.org](mailto:jlehmkuhl@cusd4.org)

Evening: Calls before 9:00 pm at 815/265-4034