

Nutrition and Wellness-222202

Family & Consumer Science Education

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Course Description:

According to the Center for Disease Control and Prevention, 23% of South Dakota high-school students are overweight or at risk of becoming overweight. Nationally, “obesity rates continue to rise in the United States. Since 1980, being overweight has doubled for children and tripled for adolescents. Being overweight puts children and teenagers at greater risk for developing type 2 diabetes, risk factors for heart disease at an earlier age, and other health conditions including asthma, sleep apnea, and decreased self esteem” (National Conference of State Legislatures – Childhood Obesity Update – 2005). Nutrition and Wellness course is designed to help students develop eating behaviors that will have a positive effect on their current and future lifestyles.

Topics covered:

- Nutrition and wellness of individuals and families
- Nutrients vital to good nutrition
- Selection, preparation, and care of food
- Food safety and sanitation
- Nutrition from production to consumption
- Understanding the use and care of basic kitchen equipment

Prerequisites: None

Length: 1 semester

Grade Level: 9, 10, 11, 12

Instructional Philosophy

Expectations:

- Students will demonstrate understanding of course goals through a variety of assessment and performance skills in each unit. Minimum grade for passing is 73%.
- **Tardiness:** Students will need to bring all items necessary for class and be in the classroom by the bell or they will be counted tardy.
- **Late Work Policy:** You are responsible for all assigned work. Late work is accepted with 50% off when handed in with-in 1 week.
- **Absences and Make-Up Work:** Your presence in class is necessary for success at school. You are responsible for getting your make-up work from the teacher, notes that you may have missed or scheduling a time for a make-up test. You will have two days to make up for each day missed. Long range assignments are the exception; they are due on the due date given or the next day the student is at school. Extreme situations will be handled on a case by case basis. **It is not the teacher's responsibility to track you down with any missed assignments, notes or tests..**
- **Academic Dishonesty:** Loaning, borrowing, or copying someone else's work is considered cheating and is never acceptable. Academic dishonesty is not permitted; this includes plagiarism and cheating on homework, quizzes, test, etc. All involved parties receive **zero credit** and the instructor notifies your parents.
- **Cell Phones:** This one is very simple. **Cell phones are not allowed in the classroom during the school day.** If I find out you were using your cell phone during my class it will be taken and the incident reported to the principal or superintendent. You have one (1) chance to keep your phones and that is that they are never seen or heard in my classroom. Once I take them, they go directly to the principal and you may explain to him why it was so important to be using the phone during class time. It will be kept for 7 days which will be over a weekend.
- **Respect:** In this classroom there is **never** a time when disrespect is acceptable. Students must have respect for others, themselves, the teacher, and the classroom which includes textbooks and lockers.

Core Technical Standards

- NW 1.1 Apply dietary guidelines to meet nutrition and wellness needs.
- NW 1.2 Determine the effects of nutrients on health, appearance, and peak performance.
- NW 1.3 Describe the effect of physical activity on health, appearance, and peak performance.
- NW 2.1 Apply practices to promote safe food handling.
- NW 2.2 Describe food borne illness that cause health issues.
- NW 3.1 Explain how the steps in the food-processing system affect nutritional content.
- NW 3.2 Evaluate how resources affect nutritional decisions and planning.

Major Course Projects

- Develop a power point presentation with information on function of nutrients
- Participate in food preparation labs.
- Develop a recipe collection.

Instructional Delivery Plan

- **Delivery Method:** Instruction will include individual hands-on activities and projects, group work, lecture, discussion, reading, writing, self-assessment, and the use of technology.
- **Work Method:** Students will work both independently and in teams/groups.
- **Community Involvement:** Speakers and/or community representatives will be invited to discuss topics covered in the course. Students will utilize community resources for projects.

Assessment Plan and Grading Scale

Evaluation for this course will be based on daily assignments, presentations, major projects, quizzes, tests, food labs and class participation. Grading scale is as follows:

A+	100
A	95-97
A-	92-94
B+	89-91
B	86-88
B-	83-85
C+	80-82
C	77-79
C-	74-76
D+	71-73
D	68-70
D-	65-67
F	Below 65