



Foods

The Foods course focuses on skills needed for food preparation. Students will learn about basic nutrition principles, and they will prepare a wide variety of foods and baked products. All food groups are discussed, and there is an emphasis on making wise food choices. Throughout the food preparation lab experiences, students will learn and develop cooperation and leadership skills. During the semester, students may be required to complete cooking projects at home.

TOPICS TO BE COVERED:

Preparation techniques and/or study of the following:

- Food prep skills
- Measuring
- Cooking terms
- Cooking utensils
- Vitamins and Nutrients
- Food safety, sanitation, and kitchen safety
- Egg cookery
- Vegetables
- Poultry
- Quick breads
- Microwave cooking
- Cookies
- Simple Meals
- The Food Guide Pyramid (mypyramid.gov)
- Food borne Illness

SUPPLIES NEEDED:

- Spiral bound index cards 4x6 or 5x7
- Notebook paper
- Hair tie (if hair is shoulder length or longer)
- Pen or Pencil
- **LAB FEE \$20.00**

(make check payable to Westlake Board of Education)

GRADES WILL BE BASED ON POINTS FROM THE FOLLOWING:

Written work, recipe card writing, quizzes/tests, lab participation, effort and cooperation within your team, lab product, projects, and computer research projects.

- ★ GRADES WILL BE UPDATED WEEKLY-check your grade on Progress Book.
- ★ IN THIS CLASS YOU WILL BE HELD RESPONSIBLE FOR THE WISE USE OF CLASS TIME AND FOR PERFORMING JOBS WITHIN YOUR TEAM. WE WILL BE ON A TIGHT SCHEDULE AND NEED COOPERATION FROM EVERYONE!
- ★ Both absences and tardies are handled according to the WHS policies in the student handbook. Homework is due on the day that it is assigned due. Make-up work will only be accepted if absent. All make-up work is your responsibility! Ask for it if you were absent or check the absent tray!
- ★ MISSED LABS CANNOT BE MADE UP IN CLASS. You may choose one of the following to earn credit for a missed lab:
 1. Make the missed lab recipe at home
 - a. You should have the recipe in your recipe cards
 - b. Have a parent or guardian write a note evaluating your ability to make the food recipe.
 - c. Bring in a sample of the food for Mrs. Betka to evaluate (a **small** sample please!)
 2. Find an article related to nutrition topics and type a paragraph reaction about what you learned from the article and how you can use the knowledge in everyday living. Please turn in a copy of the article with your summary.
 - a. Where to find an article.
 - i. Look in newspapers, magazines, or on the internet. One of the best places to look is on the Westlake High School Library webpage. It has current and back issues of the Cleveland Plain Dealer. Also, you can click on the Internet public library listings of magazines, journals, and newspapers. Another great place is the web site for the American Dietetic Association.

- ii. Be sure to write a complete paragraph using correct spelling and grammar and include your own opinions.

CLASS GUIDELINES:
RESPECT AND RESPONSIBILITY ...

Be on time, prepared, and ready to work when the tone sounds.
All unexcused tardies/absences will be dealt with according to the student handbook.
Remain seated till teacher or tone dismisses you.
No heads on lab tables, feet on chairs, or sitting on counters.
Use respectful behavior at all times. This includes language and actions.
Bring necessary materials to class daily.
Hall passes=2 per quarter...if you don't use them...they turn to extra credit!
Demonstrate safety and care with all kitchen equipment.

Following these suggestions will help you earn all your extra credit citizenship points!

Consequences for violations of class guidelines:

- 1st time- verbal warning
 - 2nd time-30 seconds detained after class
 - 3rd time- parent call
 - 4th time- office detention issued
- *at any time, immediate removal from class (to the office) may be necessary.

TEACHER CONTACT:

E-mail me with questions or concerns at Betka@wlake.org

School phone number is 440.899.3075 ext.2042

I have read the above polices and understand them.

Parent signature-_____ Parent e-mail-_____

Student signature-_____

Date-_____