

Healthy Cooking Syllabus

Mrs. Ahnert

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Class Description

Welcome to Healthy Cooking! You will learn to make nutritious and delicious snacks and simple meals. You will learn nutrition basics such as the USDA's "My Plate" and how to read nutrition labels, and you will practice cooking skills such as measuring and adjusting recipes. You will also learn about and practice kitchen safety, including knife skills.

Supplies

- 3 ring binder
- dividers
- notebook paper
- **\$10.00** to help with the cost of food supplies **Due 9/13**. Make checks payable to **BMS**.

Guidelines For Success

Be Respectful

- Treat yourself and others with kindness and respect.
- Use appropriate language.
- Put away cell phones or other electronics during class.

Be Responsible

- Come on time and be ready to learn.
- Use time wisely.
- Clean up work area thoroughly.

Be Safe

- Listen and follow directions for food safety.
- Wash hands thoroughly before cooking.
- Tie hair back if longer than shoulder length.

Be a Learner

- Ask questions.
- Work as a team.
- Share your ideas.

Students will:

- work in teams to prepare a healthy snack at least once a week.
- work in teams to thoroughly clean after each cooking.
- be introduced to a variety of nutrition topics.
- develop a goal to adopt, maintain or improve their eating habits.
- maintain a recipe notebook.

Family Consumer Science Competencies

Students will demonstrate the ability to:

- (a) apply current dietary guidelines in planning to meet nutrition and wellness needs.
- (b) select, store, prepare, and serve nutritious, aesthetically pleasing foods.
- (c) analyze conditions and practices that promote safe food handling.

Grading for Success

Quizzes will be between 5-20 points each.

Assignments and activities will be graded on a 10 point scale.

9-10 = Excellent. Student went beyond the requirements of the assignment in creativity or application.

7-8 = Very Good. Student showed an understanding of the concepts and clearly applied them to their lives.

5-6 = Adequate. Student participated in the activity and completed the assignment.

3-4 = Inadequate. Student partially participated in the activity or did not complete all requirements of the assignment.

0-1 = Student did not participate in the activity or turn in an assignment.

I have read and understand the syllabus. I will be able to follow the Guidelines For Success.

Student Signature _____ Date _____

Parent Signature _____ Date _____

