



Food Trends

Miss Brett Wuori

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Course Description:

Sharpen your cooking skills as we have labs in every unit to prepare food from past, present, and for the future. Join us to see how food affects us socially, environmentally, and for healing. We will learn different recipes to suit different lifestyles.

Course Outline:

- **Kitchen basics:**
 - Food safety and sanitation
 - Kitchen safety
 - Recipes
 - Measuring
 - Utensils
- **Participation:**
 - Students are expected to participate fully in class discussions and lab procedures
 - Students are expected to come to class prepared
- **Materials:**
 - Students are issued a Guide to Good Food textbook and are expected to read accompanying information to each lesson.
 - Students are expected to bring their iPads to class each day.
- **Course Outline:**
 - Kitchen Basics
 - Making Food Choices
 - Where to Buy Your Food
 - Food Preservation
 - Dining Out
 - Sports Nutrition
 - Weigh Management
 - Nutrition for Health

- **Course Objectives:**

Food Trends Objectives/ND FACS Standards:

- Demonstrate waste disposal and recycling methods. (ND FACS 9.2.9)
- Analyze nutrient requirements across the lifespan addressing the diversity of people, culture, and religions. (ND FACS 9.3.1)
- Analyze nutritional data. (ND FACS 9.3.2)
- Apply principals of food production to maximize nutrient retention in prepared foods. (ND FACS 9.3.3)
- Critique the selection of foods to promote a healthy lifestyle. (ND FACS 9.3.6)
- Analyze nutritional needs of individuals. (ND FACS 9.4.1)
- Construct a modified diet based on nutritional needs and health conditions. (ND FACS 9.4.4)
- Design instruction on nutrition for health maintenance and disease prevention. (ND FACS 9.4.5)
- Analyze various factors that affect food preferences in the marketing of food. (ND FACS 9.5.1)
- Conduct sensory evaluations of food products. (ND FACS 9.5.6)
- Analyze the effects of psychological, cultural, and social influences on food choices and other nutritional practices. (ND FACS 14.1.2)
- Analyze governmental, economic, and technological influences on food choices and practices. (ND FACS 14.1.3)
- Analyze the effect of nutrients on health, appearance, and peak performance. (ND FACS 14.2.1)
- Analyze the relationships of nutrition and wellness to individual and family health throughout the life span. (ND FACS 14.2.2)
- Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. (ND FACS 14.2.3)
- Analyze sources of food and nutrition information, including food labels, related to health and wellness. (ND FACS 14.2.4)
- Design strategies that meet the health and nutrition requirements of individuals and families with special needs. (ND FACS 14.3.2)
- Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods. (ND FACS 14.3.3)
- Analyze conditions and practices that promote safe food handling. (ND FACS 14.4.1)
- Analyze foodborne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families. (ND FACS 14.4.5)
- Analyze how scientific and technical advances influence the nutrient content, availability, and safety of foods. (ND FACS 14.5.1)
- Analyze how the scientific and technical advances in food processing, storage, product development, and distribution influence nutrition and wellness. (ND FACS 14.5.2)

- **Course Logistics:**

- Lesson plans are available on Schoology
- Due dates are outlined on Schoology
- Office Hours:
 - 8:00 a.m. – 8:20 a.m.
 - 3:35 p.m. – 4:00 p.m.
 - Other times as arranged

- **Grading Procedures:**

- Course grades are based on total points accumulated through daily work, homework, participation, labs, projects, and assessments.
- PowerSchool is the best place to find your current grade.

Classroom Expectations:

These expectations are in place to ensure that we will have a safe and orderly classroom to allow each and every person the opportunity to reach his/her maximum potential.

- **ELECTRONICS:**
 - Phones and headphones/earbuds are not allowed to be used in the classroom.
- **BE RESPECTFUL**
- **BE ON TIME**
 - In your SEAT when the bell rings.
- **BE PREPARED**
 - You must come prepared for class with required materials listed above.
 - Check the Schoology to see what is due!
- **BE RESPONSIBLE**
- There is no food allowed unless it is part of the class activity. You can bring a drink with a lid that is able to close!

Accountability for Assignments:

Homework and Make-Up Work: Completing homework is a requirement for this class. It is your job to work hard and get your assignments in on time.

- You must turn in all work on time. Homework assignments are due at the beginning of the class period. Any work turned in later is considered “late.” Late work will receive 75% of the earned credit. I will not accept late work beyond 2 days of the due date.
- You are responsible for getting make-up work from the teacher and to hand it in on the required date.

Missed Work/Make-Up Work:

- Excused absences: If you are not present in class due to an excused absence (i.e. illness or family member emergency) on the day of a test or when an assignment is due, you need to be prepared to turn the work in on the day of the return to school.
 - If you know you will be gone in advance (i.e. sporting event, field trip, etc.) make arrangements with me prior to your absence.
- Unexcused absences: Missed work as a result of an unexcused absence will result in a ZERO (%).

Grading Procedures:

- Course grades are based on total points accumulated through daily work, homework, participation, labs, projects, and assessments.
- Quarter 1 equates to 50% of semester grade. Quarter 2 equates to 50% of semester grade.
- PowerSchool is the best place to find your current grade.

If at any time you need help, whether on an assignment, note taking, or just a general question, please come and talk to me. I’m also available through phone or e-mail contact.

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