

## *Foods and Nutrition 8<sup>th</sup> Grade Semester Class*

Mrs. Bisaro

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This 8<sup>th</sup> grade elective will review concepts covered in Life Skills 6. We will explore, in more depth, nutrition and good food choices. We will discuss the new MyPlate and how it effects our food selection. Using more involved cooking techniques and a variety of recipes will increase student's culinary skills.

Foods/Nutrition 8 will provide much more than just cooking and eating! Classes will emphasize organizational skills, time management and cooperative group work. The importance of food safety, kitchen safety and sanitation will be stressed. Reading and Math skills will be necessary to understand recipes, cooking terms and measurements.

Additional information will come from our textbook, current event topics, videos, computer websites as well as hands-on lab activities. **WE WILL NOT BE COOKING AND EATING EVERY DAY.** Most ingredients for labs will be provided. Free Cook Days and final project ingredients will be the students' responsibility.

Grade logs will be provided to record graded class activities such as homework, class work, lab scores, notebook checks, quizzes and tests. **THE GRADE LOG MUST BE KEPT CURRENT.** Parents, please ask to see these logs to monitor your student's progress. Do not hesitate to contact me if you have questions. It is the student's responsibility to communicate with you. Please provide me with your e-mail address, as this is the most efficient way for me to contact you. You may include it with the signed form your student needs to return to me.

A neatly organized notebook must be brought to class **EVERYDAY** beginning the first full week of class. Notebook checks will be made randomly throughout the marking period. Five points will be given for a complete notebook, on the day checked. No points will be given if the notebook is lost, in a locker or at home. If a student is absent, the notebook will be checked the day the student returns to school.

You will need to have your planner to go to the bathroom. Any information written on the board will be the assignments for the day. This information should be written in your planners.

The reminder system will be used for behavior problems. Students who are disruptive will be removed so others can enjoy the class. Rude and disrespectful behavior will not be accepted.

Extra credit, no more than 15 points per marking period, may be earned by preparing recipes at home for the family. Extra credit cards are available in the front of the classroom in a folder marked extra credit, at all times. These cards are due one week prior to the end of the marking period. **EXTRA CREDIT WILL BE ACCEPTED ONLY IF ALL ASSIGNMENTS ARE COMPLETED.** Extra credit will not take the place of a missed assignment or quiz/test.

### **Graded Activities:**

**Introductory Quiz**

**Homework**

**Class Activities**

**Quizzes and test over units of study**

**Notebook checks**

**Labs (group grades)**

**Final Project**

**Extra Credit**

### **Video's we will view**

**Ratatouille**

**Fed Up**

**Willy Wonka and the Chocolate Factory**

Parents please sign and return the attached form indicating you and your student have read and are aware of the expectations of Foods and Nutrition 8.

Thank you for your continuing support. I'm looking forward to an exciting semester.

Mrs. Bisaro