

HF181O/ Foods Syllabus

Course Title----- Foods
Course Number----- HF181O
Grades:----- 08-08
High School Credit Value:----- 0
Prerequisites:-----

Course Length:----- Regular courses: 17 weeks
CR: 9-17 weeks.

Course Time:----- Regular courses: 17 week schedule: 75 - 90
minutes per school day (6-7.5 hours per
week)
Credit Retrieval: 75 - 90 minutes per
school day (6-7.5 hours per week) until
course completion.

{ Course Description }

Students will spend the semester learning about nutrition along with some "basic training" in the kitchen. We will explore both the art and the science of cooking using the internet and projects in the student's home kitchen. The student will be learning to choose, prepare and enjoy a variety of foods. Students will learn important food safety practices and how to use kitchen tools more effectively. Students will want to have a way of taking photos of their work in the kitchen to be able to demonstrate their mastery in the preparation of different dishes and meals.

Course Materials:

It is important to have internet access and a computer. Prior knowledge of cooking isn't necessary, but you will need access to a reasonably well supplied kitchen to complete the projects. Students should have an adult present in the kitchen when preparing dishes or working in the kitchen. Students should have a digital camera to be able to take pictures of work so that they may attach them to lessons requiring them to send with projects, or other items.

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

WRITING

Standard 1: The student understands and uses a writing process.

Standard 2: The student writes in a variety of forms for different audiences and purposes.

Standard 3: The student writes clearly and effectively.

MATH

Standard 1: The student understands and applies the concepts and procedures of mathematics.

Standard 5: The student understands how mathematical ideas connect within mathematics, to other subject areas, and to real-world situations.

READING

Standard 1: The student understands and uses different skills and strategies to read.

Standard 2: The student understands the meaning of what is read.

Standard 3: The student reads different materials for a variety of purposes.

Course Outline

Students are to follow the units offered in order. Beginning with the first lesson and completing with the last lesson in the unit. Each lesson is the building block for the one to follow it.

- Unit 1 - Intro to Foods - (1 week)
- Unit 2 - Getting to Know Your Kitchen - (1 week to complete)
- Unit 3 - Safety in the Kitchen - (1 week)
- Unit 4 - How to Read a Recipe - (1 week)
- Unit 5 - Planning and Shopping for Cooking - (1 week)
- Unit 6 - The New Food Pyramid - (1 week)
- Unit 7 - Serving Etiquette - (1 week)
- Unit 8 - Breakfast - (1 week)
- Unit 9 - Lunch - (1 week)
- Unit 10 - Snacks - (1 week)
- Unit 11 - Pasta/Rice - (1 week)
- Unit 12 - Salads - (1 week)
- Unit 13 - Dinner - (1 week)
- Unit 14 - Baking - (1 week)
- Unit 15 - Desserts - (1 week)

- Unit 16 - Final Project - (1 week)

Course Work

Students earn a satisfactory grade for the class by following the course outline and submitting projects, activities, and assignments as directed. It is expected students work 60 - 90 minutes daily in this course work and submit lessons throughout the week.

Students are asked to send digital images of their work in the kitchen as submitted with lesson assignments.

Grading

Lesson assignments will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into completing the work.
- Accuracy of information in answers.

Projects will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into the work.
- Accuracy of information in answers.

Work turned in must meet minimum passing requirements, if the work does not meet these requirements the work will be returned to the student to continue working on it until it meets standards.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.

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