

HF 7960 – Nutrition & Wellness

Course Basics				
Course Code:	CEDARS Code:	Grade Level:	Credit Value:	NCAA Approved:
HF 7960	16054	9-12	0.5	N/A
Prerequisites:		Course Length:	Course Time:	FWPS Standards (link)
N/A		18 Academic Weeks	56 Minutes per day OR 4 hours 40 minutes each week	Nutrition & Wellness Standards
<p>Required Materials: Internet access, computer, printer, printer paper and ink, modern OS/software/web browser, headphones with microphone- <i>if not built into the computer</i>, Camera/ video camera, kitchen and food preparation tools and the ability to purchase groceries for food labs.</p>				
<p>Course Description: This course focuses on factors that influence nutrition and wellness across the life span. Students learn to evaluate nutritional needs of individuals & families, and to evaluate factors that affect food safety from production through consumption. A variety of lab experiences allow students to demonstrate their ability to handle and use foods in basic recipe preparation. Discussion of digestion, basic nutrients, weight management, sports and fitness, and life-span nutrition is included. Application to today's food and eating trends, plus learning to assess for reliable nutrition information is emphasized.</p>				
<p>**Special Note: Students are required to complete several food labs throughout this course. In order for them to submit their cooking experiences for assessment, students are asked to video record themselves preparing their food dishes.</p>				

Instructor Information	
Name: Jennifer McKay	Email: jmckay@fwps.org
Phone: 253-945-5662	Virtual Sessions: To be determined, or on an as needed basis.

Expected Learning Outcomes	
In this course, students will	<ul style="list-style-type: none"> - Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career. - Demonstrate leadership and teamwork skills in school, community and workplace settings. - Analyze and demonstrate conditions and practices that promote safe food handling. - Identify, maintain, and demonstrate the proper use of cooking and baking equipment. - Define standardized recipe terminology, including cooking methods and techniques. - Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing food.

	<ul style="list-style-type: none"> - Demonstrate understanding of the effect of water and phytochemicals on health and diet. - Demonstrate understanding of the effect carbohydrates on health and diet. - Demonstrate understanding of the effect of proteins on health and diet - Demonstrate understanding of the effect of fats on health and diet. - Demonstrate understanding of the effect of vitamins and minerals on health and diet. - Analyze the effects of influences on food choices and other nutrition practices. - Analyze and apply sources of food and nutrition information, including food labels, related to health and wellness. - Analyze effects of dietary choices on overall health and wellness. - Develop meal plans based on current dietary recommendations.
Standards Alignment	See Course Learning Plan Contract (LPC)
Assessment Methods	Formative Assessments: Class discussions Summative Assessments: text questions, lab assignments, module quizzes & projects and food labs.
Grading Methods	All summative assessments will be graded according to the corresponding rubrics. Only summative assessment scores will calculate toward a student's final grade. Each summative assessment is linked to an FWPS Priority Standard (PS), and each PS is a part of a grading/reporting "bucket." All buckets are equally weighted, and the student's final grade is the average score of all buckets. Students will also receive an informational grade in non-academic areas of student success.
Credit Recovery Grading Policy	<ul style="list-style-type: none"> ● Work can be excused based on evidence that shows standards have been meeting in the previous class ● Must pass all assessments with a minimum of 70% ● The ONLY passing grade that can be earned is a C
Grading Scale	9-12 A = 90%-100% B = 89%-80% C = 79%-70% P = 60%-70% F = 59%-0%

Student Expectations	
Weekly Work Completion	Students will submit original work in all classes each week.
Original Work Submissions	Students will only submit their original work. If a student uses outside sources in the creation of their original work, citations must be present in the format requested by their teacher.
Weekly Communication	Students will communicate weekly with their teachers regarding their academic progress.
Functioning Technology/ Required Materials	Students will always have constant and consistent access the functioning hardware, software, technology, and required materials necessary to complete their coursework in all classes.

iA Policies Required for Enrollment	
Academic Integrity	<p>Academic integrity is essential to learning. Students are expected to complete their own work. Copying, plagiarizing, cheating or other methods of intentional deception are prohibited and could result in the student's removal from the class or iA entirely.</p> <p><i>AI Policy-1st Offense: The student will be contacted by the teacher via phone call, the student will be made aware of the plagiarism and examples of how this can be avoided will be discussed and shared. Direct instruction on plagiarism will be delivered by the teacher. iA Administration and other teachers will be made aware of the plagiarism. 2nd Offense: The student and parents will be contacted by the teacher directly and the student will have to complete the plagiarized assignment without plagiarism before moving on in the course. iA Administration will be made aware. 3rd Offense- The student will be blocked from the course until the student and parents meet with the teacher and iA Administration to discuss iA Academic Integrity policy. 4th Offense- The student will be withdrawn from the course or iA depending on the severity of the plagiarism and the frequency with which it is happening in other courses.</i></p>
WAC (Weekly Academic Contact)	<p>State regulations require students in online programs to have weekly academic contact with each teacher. This occurs by engaging with the curriculum and online instruction, submitting assignments to make progress in learning, and successfully completing courses. Students have multiple opportunities and methods to achieve weekly academic contact and receive teacher assistance and feedback: email, SMS, live online sessions, assignments, phone, and/or face-to-face meetings by appointment.</p> <p><i>WAC Policy- If a student consistently fails to meet WAC requirements within one month, the student will be blocked from that course and must contact the administration to regain access.</i></p>
MAP (Monthly Academic Progress)	<p>Washington state law requires that students receive a monthly academic progress report and that students respond to all MAP reports they receive. MAP reports are emailed monthly to their Genius Message account and students must reply through the Genius system to EACH MAP report they receive. Students earn an academic progress mark each month for each class based on their progress as compared to their individual Learning Plan Contract and the course completion date. Students earn OP if they are on pace with their LPC/course pacing or BP if they are behind the pace of their LPC/course pacing. BP marks involve communication with the parent/guardian and an intervention plan to give the student additional opportunities to get back on pace toward successful course completion. Multiple probation reports may result in withdrawal from the course or school.</p> <p><i>MAP Policy- If a student fails to reply to the MAP report within 2 weeks of receiving it, the student will be blocked from that class until they contact their teacher directly and show proof that they have replied to MAP.</i></p>
Email/Software Agreements	<p>Students agree to maintain constant and consistent access to the technology and software needed to complete their iA courses. If students cannot maintain constant and consistent access to needed technology they will be withdrawn from iA.</p>
Professional Discretion	<p>Teachers reserve the right to make adjustments to the course, content, pacing, and expectations at any time. Students and parents will be notified via email of any changes made after the course has started.</p>