

Welcome To Foods I

Instructor: Mrs. Bringhurst

Email: kelli.bringhurst@washk12.org

Website: Facswithmrsb.weebly.com

COURSE GOALS:

1. Identify and use Kitchen Equipment
2. Demonstrate Food Safety and Sanitation
3. Acquire new knowledge about “My Plate” and the Dietary Guidelines
4. Participate, Prepare, and SAMPLE each food product.
5. Identify the six Nutrients, what they do in our Body, and which Foods we get them from.

FOOD LABS

Food labs are a privilege **ONE** bad choice and you will lose your privilege for 2 weeks.

Food labs are worth 30 points toward your grade.

- 10 points for completing your assigned job.
- 10 points for wearing an apron, washing hands and tying hair back.
- 10 points for sampling the food.

MISSING CLASS= FOODS LABS AT HOME

If you're **Absent** during a FOODS LAB it must be made up at home and return the lab make-up sheet with parent signature.

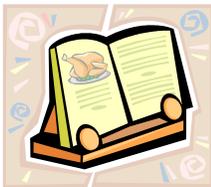
- Lab make-up sheets are located in the back of the recipe book.
- The lab must be made-up within two weeks.
- If you're absent because of a school related activity you will be excused from the foods lab but NOT the school work (example: notes, worksheets and lab evaluations)

If you're tardy for class you will have an automatic 5 point deduction from your 30 points.

Any missed days will result in missed notes.

It is your students' responsibility to copy those notes from my website.

RECIPE BOOKS:



- Keep track of your recipe book the first one is free, the second one **\$1.00.**
- After each lab you must complete the lab evaluation.
- Lab evaluations = big points for your grade and improved test scores!!

MAKE UP NOTES AND WORK

Visit my website to make up all notes:

Facswithmrsb.weebly.com

Missing worksheets will be filed on the “See What You Missed” bulletin board in the front of my classroom.

Rules and Procedures

Rules and Procedures

1. I LOVE DUE DATES

- a. All assignments are due on the due date.
- b. If you are absent it is your responsibility to turn in your assignment when you return.
- c. If your assignment is not all the way complete I would suggest turning in what you have done to get some points.
- d. Powerschool will be updated weekly every Friday for my class.
- e. You will not receive full credit on late work 😊

2. HALL PASSES ARE NICE

- a. A hall pass can be used to leave class with my permission OR to bail your mobile device from cell phone jail at the end of the day it was imprisoned.(first offense only) When all the hall passes are used up, so are the extra privileges.

3. HAPPY PEOPLE ARE FUN TO TEACH

- a. I love to teach students who know how to demonstrate respect.
- b. When I'm talking you should not be talking to your friend or figuring out how to text your friend without me catching you.
- c. Cell-phones will be taken away if I see them and be put in cell phone jail on the first offense. The second offense the phone will be given to the Vice Principal and dealt with according to the School Cell Phone Policy.

5. MAKE SMART CHOICES

- a. Use all equipment with safety.
- b. Work as hard as you can.
- c. Make your work space the cleanest.
- d. Choose to learn something every day.
- e. Bring your best to class! Best Effort! Best Work! Best Results!

5. GVC's MATTER

- a. GVC stands for Guaranteed Viable Curriculum. These are the specific learning targets for my classes.
- b. I communicate how we accomplish GVC's via Instagram, email, and website. Pictures of your students and/or their projects may appear online via sources listed above. **By signing this disclosure parents are giving the teacher permission to post with discretion.**

If you have any questions or concerns please feel free to contact me. I'm looking forward to a great year.

RETURN THIS ENTIRE PAGE to Mrs. Bringhurst

Please complete and return to me before your student will be able to go into the kitchen lab.

Does your student have food allergies?

If yes, please list:

Any other concerns I should be made aware of regarding your student and food.

If yes, please list:

Photo/Internet Release Form for Minors

Mrs. Bringhurst and the FACS department at HMS has my permission to use my or my child's photograph publically to promote the HMS Family and Consumer classes, activities and GVC's. I understand that the images may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use. Any posts will be in strict adherence to the Washington County District Publishing for the Internet policy. (see attached page)

Child's Name: _____ Date _____

Yes, you have my consent

No, I do NOT consent.

Parent Signature _____