

# OHHS (Department Name) Department Course Syllabus



**Course Name: Nutrition & Food Science**  
**Course Code: 190504**

## **Course Description:**

In Nutrition & Food Science, students learn the knowledge, skills, and practices required for careers in nutrition and food science. The course focuses on the relationship between food consumption, health, and human development with a strong emphasis on chemistry and chemistry concepts. Instruction includes risk management procedures, nutritional therapy, technology in food production, and diet and nutritional analysis and planning. Science is integrated throughout the course in such experiments as the caramelization of sugars and starches, the production and growth of yeast, or the effects of temperature on chocolate. Students may study such topics as the effects of antioxidants on humans, the shelf life of food products, and the positive and negative effects of bacteria on food.

Students will study and utilize the scientific method throughout the lab section. Students will work in teams to prepare and conduct food -related experiments. They will then predict, interpret, and evaluate food laboratory results. Throughout the course, students will discover exciting careers in the food science industry. This framework is based on the National Family & Consumer Sciences (FACS) industry standards and is aligned with the Washington State Science Standards.

## **Prerequisites**

Successful Completion of 9th grade math and science classes

## **Course Resources**

**Principles of Food Science, Fourth Edition** and corresponding educational resources.

**Supplemental:** Chromebooks, various books, lab books, and articles will be provided throughout the semester.

## Course Fees

None

## Course Outline/Instructional Units

1. **Food Safety & Sanitation:** Understanding food industry sanitation procedures, common foodborne illnesses and their causes and prevention. Firm understanding of bacteria growth and control in its application in food safety.
2. **What is Food Science:** Understanding the development of the scientific study of food; the types of work food scientists do; the continued role of food science in preserving the environment, nutrition, and food safety.
3. **Equipment Identification, Culinary Fundamentals & Lab Procedures:** Solid knowledge of lab equipment, its uses, maintenance, and proper handling. Understanding the Scientific method, development of a hypothesis, and evaluation and development of labs for understanding nutrition and food science.
4. **Food Science Experiments:** Understanding physical and chemical properties; elements and compounds; and the different types of mixtures. Understanding of bonds, chemical equations, chemical reactions, and the effects of heat, pressure, and water on food.
5. **Careers & Employability:** Exploration of employment opportunities in the field of food science and nutrition and the training and certification required. Model employability and professionalism.
6. **Nutrition:** Identification of nutrients and the role they play in our bodies. Understanding which foods supply specific nutrients and how they affect each other. Understand how food preparation can affect nutrients and the body's ability to utilize them.

## Major Assessments

1. WA Foodhandlers' Card test, pass with 80% or higher
2. Creation of brochure or video PSA on the importance of food science
3. Create and perform an experiment testing a specific food component
4. Evaluation of special diets (athletic/elderly) and creation of dietary recommendations for reaching health and fitness goals of an individual.
5. Written assessment of Nutrition and Food Science terms, principles, formulas, etc.

## Extra Help

Teachers will provide information regarding tutoring in classroom procedures. Students are encouraged to take advantage of tutoring opportunities and assistance will be offered in class.

## RE-DO POLICY:

OHHS is an effort based school where we believe all students can learn. We also know that students learn at different rates. Thus, we are implementing a re-do policy that recognizes the needs of individual learners.

- 100% Re-do

- o Assessments (with exception of the Major Group assessments & Final semester exam)
- o Key Assignments: Evidence that demonstrates mastery of a standard
- Teachers may:
  - o require completion of supporting assignments prior to re-do opportunities for students to show they can meet the standard.
  - o limit the number of re-do opportunities for each assignment.
  - o assign zero grades when students choose not to do key assignments and/or assessments to standard.
  - o Students are eligible to redo assessments when key supporting assignments are complete.
  - o Key assignments provide evidence that students are ready to show mastery of a standard
  - o Students are eligible to redo key assignments as long as they have excused absences.
  - o There are assignments that may not be redone because they do not bear enough weight or the learning target for that assignment will be measured on another larger assignment.
  - o All opportunities for re-do work will come with a deadline as assigned by the teacher.
  - o All work must be completed by the end of a quarter.
  - o It is possible that some labs or activities will not be able to re-take or make up.
- **Missing/Late Work** (students should make effort to turn work in on-time. If absence is excused:
  - o Labs – may be turned in up to the end of the unit for reduced credit.
  - o Assessments – student should make effort to make up within one week. Make other arrangements with the teacher if necessary.
    - 1. This includes labs and projects.
    - 2. Student can earn up to 100% if the assessment is completed in the classroom.
    - 3. If the assessment (excluding exams) is completed at home, student may earn reduced credit

### Weighted Categories

Set department categories and weighting

<b>Category</b>	<b>Percentage of Overall Grade</b>
Labs	40%
Exams	15%
Projects	15%
Professionalism	10%

### Grading Scale:

<b>Regular Scale</b>	
<b>Letter Grade</b>	<b>Percentage</b>
<b>A</b>	<b>93% and Above</b>
<b>A -</b>	<b>90%-92.99%</b>
<b>B+</b>	<b>87%-89.99%</b>
<b>B</b>	<b>83%-86.99%</b>
<b>B-</b>	<b>80-82.99%</b>
<b>C+</b>	<b>77%-79.99%</b>
<b>C</b>	<b>73-76.99%</b>
<b>C-</b>	<b>70-72.99%</b>
<b>D+</b>	<b>67%-69.99%</b>
<b>D</b>	<b>60%-66.99%</b>
<b>F</b>	<b>59.99% and Below</b>

**OHHS PLAGIARISM POLICY:**

Any student who knowingly turns in any work that has been done by someone other than himself or herself, and fraudulently represents it as his/her own, shall be considered to have cheated. Cheating also includes: aiding someone else in cheating, the use or preparation of written, pictorial, electronic or other materials not authorized by the instructor during a test or assignment, the use of testing materials obtained previous to the test date, or plagiarism of any kind. Students found cheating will also be subject to an office referral, which could result in a suspension. As an effort based school, students who have plagiarized/cheated must still demonstrate their learning. Thus, students will be given the opportunity to complete the work. This will fall under the "Late Work Policy" of the teacher where total possible points may be reduced.