



Pottsgrove High School

Foods IB Course Syllabus

Course Information

Foods IB, FCS 1110, Term 2019/20, 3 days per cycle all year

Teacher Contact Information

Mrs. Elizabeth Rodenbaugh, B.A. Harcum Jr. College, B.S. Immaculata College, M.A. Gratz College

FCS teacher at Pottsgrove since 2005

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Course Description

This course is designed to broaden the student's knowledge of healthy food selection, storage, and preparation. Management techniques, cooking skills and an appreciation of food preparation and services are learned. Specific topics include vegetables, meats, poultry, seafood, cakes, and desserts.

Student Learning Objectives/Outcomes

- Students will demonstrate the ability to choose, store, prepare, and serve foods to maintain nutrient content and a safe, sanitary kitchen environment.
 - Students will practice the reading skills necessary for the proper handling and preparation of various types of food.
 - Students will practice time and resource management techniques in planning and preparing various foods.
 - Students will work together in groups to complete labs.
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Textbook

- *Food for Today*, Copyright 2010 by The McGraw-Hill Companies, Inc.
Textbook used in class only. If student is absent or needs more time with the book, he/she can take home a photocopied chapter.
- Various cookbooks available in class

Required Course Materials

- Pen or pencil
- Notebook, folder, or binder for handouts, notes, recipes
- Laptop computers



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Assignments & Academic Calendar

Assignments are generally completed in class. Written tests will be posted on the board at least two days prior to their date. Students should study any notes, worksheets, study guides and recipes to prepare for the tests. Generally we will cover the following topics in this approximate order:

Topics

- ❖ Working Together
 - ❖ The Kitchen
 - Safety and Sanitation
 - Appliances
 - Utensils
 - ❖ Reading Recipes
 - ❖ Food Preparation
 - Vegetables
 - Meats
 - Poultry
 - Seafood
 - Seasonal/holiday
 - ❖ Baking
 - Basic ingredients
 - Cakes
 - Pies
 - Other
 - ❖ Serving Food
 - ❖ Nutrition
 - ❖ Meal Planning
 - ❖ Food Shopping
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Grading Policy

Weighted System

Demonstrating Knowledge and Skills

40% - Kitchen Labs (Performance Assessments)

30%- Tests and Projects

Building Knowledge and Skills

30%- Classwork, Notebook, and Class Participation/Engagement

Classroom and School Policies

Late Work



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****Demonstrating Knowledge and Skills (Assessment)***

- Students are expected to complete all learning activities designated as assessment, with the exception that 2 (two) excused absences per quarter for kitchen labs do not need to be made up. The student will receive a 0 (zero) for any additional lab absences beyond 2 (two) a quarter unless the food is made at home and brought in.
- Students who are making up a kitchen lab will be given a date by the teacher that the food product must be brought to school by, generally a week before the end of the marking period.
- Students who are absent for a test or project will make up the assessment in an interval equal to the absence. Tests must be made up at a time other than their regular class period (for example, during homeroom or study hall).

****Building Knowledge and Skills (Classwork, Homework, and Participation/Engagement)***

- Students will be given reasonable opportunities to complete building knowledge and skills as defined by the teacher.
- Assignments not completed within three student contact days of the due date will be converted to a zero.
- Some assignments may not apply to submission of late work. (i.e. graded and reviewed class work)

Technology

Technology is incorporated into my classroom by the students viewing information, pictures and video on the large screen through my computer, as well as their own laptops. Students will use their own computers to complete assignments and find recipes online, among other things.

Student Conduct & Discipline

Students are expected to follow our Classroom Rules, Kitchen Lab Rules, and all school rules.