

**Dallas High School
Home of the Dragons**



**Foods for Life
2022-2023**

Instructor: Kelleigh Ratzlaff

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Office Hours: 8:00am - 4:00pm

Course Description:

Foods for Life is a semester long class that introduces students to fundamental skills and knowledge used in professional food service that can also be applied in a home kitchen. The first half of the course is dedicated to safety and sanitation in the kitchen, how to read a recipe and modify yields using kitchen math, food science concepts, nutrition essentials and dietary restrictions. Students will learn to cook breakfast meals and prepare fruits, salads and various vegetables. The second half of the class will focus on meal planning and budgeting with hands on opportunities to practice both. Students will learn to cook budget friendly soups, rice and pasta casseroles, and chicken and beef dishes, competing in a 1 chicken breast/1 lb of beef challenge. Culinary concepts and techniques will be taught throughout the semester and technology will be heavily integrated. Weekly food labs, often with student teams choosing their own recipes, will be an integral component of this course.

Standards to Be Assessed:

Students will

- Earn an Oregon Food Handler's Certificate or a passing score on a modified assignment, demonstrating knowledge of safe practices.
- Demonstrate practices and procedures that assure personal and workplace health and hygiene through labs.
- Demonstrate Knife Skills competencies
- Demonstrate various cooking techniques for common foods.

Grading and Assessment:

The following grading scales will be used to calculate a student's course grades and grade point average:

Course Grades will be calculated using the following scale:	Grade Point Averages (GPAs) will be calculated using the following scale:	GPAs for Advanced Placement courses will be calculated using the following scale:
A 90-100%	A (4.0)	A (5.0)
B 80-89%	B (3.0)	B (4.0)
C 70-79%	C (2.0)	C (3.0)
D 60-69%	D (1.0)	D (2.0)
F 0-59%	F (0)	F (0)

Academic Integrity

The faculty and administration of Dallas High School believe that honesty and integrity are personal attributes worth nurturing in our students. Because we value the educational and skill development opportunities provided by classroom assignments, research projects, tests, and credit recovery, we expect students to express academic integrity by doing their own work and properly documenting information gathered from other sources. Congruous with this belief is our resolve to handle those who violate the principles of academic integrity with stringent consequences as outlined in the [K-12 Code of Conduct](#).

Student Behavior and Expectations:

Students are expected to demonstrate appropriate behavior in the classroom and contribute to a safe, positive, caring learning environment by cooperating; doing their best to achieve academic excellence; respecting themselves, others, and the environment; and conducting themselves in a safe manner at all times. Clearly defined behavioral expectations are consistent school-wide through the Dragon **PRIDE** acronym. We strive to teach our students to take **PRIDE** in themselves and the school by demonstrating: **Purpose, Respect, Integrity, Determination, and Empathy** at all times. For more information, please see the [Student/Parent Handbook](#).

Student Electronic Devices at Dallas High School:

Students are allowed to possess personal electronic devices at school and at school-sponsored activities provided such devices are not used in any manner that may disrupt the learning environment, school-sponsored activities or violate Board policies, administrative regulations, school or classroom rules, or state and federal laws. Cell phone usage is **only** permitted during scheduled passing periods and lunch times. Students are not allowed to be on their phones in the hallways and other common areas during class time and cell phone usage in the bathrooms and locker rooms is prohibited **at all times**. Students must use a Chromebook or laptop to complete and submit coursework. Cell phones cannot be used for this purpose and can only be used during class time with express advance permission from the teacher.

Diversity

Dallas School District #2 recognizes the diversity and worth of all individuals and groups and their roles in society. It is the policy for the Dallas School District #2 Board of Education that there will be no discrimination or harassment of individuals or groups on the grounds of age, color, creed, disability, marital status, national origin, race, religion, sex or sexual orientation in any educational programs, activities or employment.

Gender

Dallas High School will be proactive in creating a school culture that respects and values all students and fosters understanding of gender identity within the school community. Such guidelines are intended to ensure a safe learning environment free of discrimination and harassment, and to promote the educational and social integration of transgender students. They do not anticipate every situation that may occur and the needs of each student will be assessed on a case-by-case basis.

Parents: Please keep the rest of the syllabus. By signing this form, you acknowledge that you have read and fully understood the expectations, rules, and standards associated with this course. If you have questions, please call 503-623-8336 or email using the email address provided in this document. This page is due back by Friday, September 17th to your student's teacher.

Parent Name:

Parent Signature:

Parent email Address:

Parent Phone:

Student Name:

Student Signature: