

FLAT ROCK COMMUNITY HIGH SCHOOL
25600 Seneca
Flat Rock, MI 48134
734-535-6600

Course Name: Nutrition I
Course Number: 300710
Course Credit: .5
School Year: 2008/2009
Instructor: Denise M. Schuler

Course Objectives/Course Description

During the course of the trimester students in the Nutrition I class will be able to review relationships of nutrition and exercise to health and wellness, be able to identify the best sources of each nutrient, recognize effects of using too little or too much of a nutrient, recognize how lifestyles affect their well being, apply nutrition to their food choices, identify reason's people have weight problems, identify careful shipping practices, use safety practices to prevent accidents in the kitchen, know how to serve food properly, and know correct food storage techniques.

Students will also learn the skills and be able to: identify kitchen equipment and its proper use, understand food preparation terms, read and follow recipe directions, use computational skills to increase and decrease a recipe, identify correct measuring techniques, use basic cooking tools and techniques correctly, cook creatively on a budget, and read and identify food labeling practices

Student Competencies: Type Competencies

Required Text: FOOD FOR TODAY

References & Other Resources: Internet, Cookbooks, Computer Lab

Course Advisory Committee: Type Advisory Names

Class Assignments: Daily Class work, Individual reading, quizzes, tests, hands-on lab

Final Exam: Practical Exam 20%

Homework/Classwork Policies:

All assignments due on the due date, if absent on the day of the assignment, students are allowed one extra school day to make up the work.

If student is absent on the date the assignment is due they must turn it in on the date of the return.

If absent on the day of a test they will have to take the test on the day of their return.

All students are required to pass the Nutrition test with at least a 79.5%. They must retake the test until they reach a 79.5%.

If students are absent for lab days students will not get the participation points earned for that activity.

Students should bring to class every day the following supplies:

- a. A pen or pencil
- b. Notebook paper
- c. A textbook will be assigned to each student however; this textbook shall remain in the classroom. Due to the high number of students enrolled in the Nutrition classes there is only one set of classroom books. It is YOUR responsibility to keep the book assigned to you in good condition. If you fall behind in your class work you will be allowed to sign out your book overnight.

- d. Other supplies (markers, rulers, scissors, food supplies will be supplied by the teacher. If a special supply is needed, students will be given a sufficient amount of time to acquire it.
- e. Clear bottles of water are now allowed in all classes.

Classroom Rules:

1. Students are expected to behave with respect.
2. Students are to be in the room when the bell rings. Please see the student handbook for the new rules on tardiness.
3. Follow all rules in the student handbook.
4. Do not talk while I'm talking or another student is talking.
5. Clean up after yourself! This includes leaving papers on the table and on the floor.
6. No writing on the tables.
7. Do not throw anything.
8. Ask permission to go into the kitchens or any cabinets.
9. Do not take things that do not belong to you.
10. Read the directions THEN ask questions!
11. Bring your passbook every day, without it you will not be allowed to leave the room.

Evaluation & Grading: All grades are updated on the schoolwide Zangle System.

My grading scale is based upon a point system, which will be determined by comparing possible points with earned points and using the following percentage scale:

90-100% A, 80-89% B, 70-79% C, 69-69% D, below 60% E

Course Outline: Unit One: Food, Nutrition and You

1. Exploring Food Choices
2. The Nutrients You Need
3. Guidelines for Good Nutrition
4. Kitchen Principles
5. Recipe Skills

Unit Two: Workspace, Tools and Techniques

1. Equipments for Cooking
2. Baking
3. Food Combinations
4. Grain, Legumes, Nuts, and Seeds

- 5. Dairy Foods and Eggs
- Unit Three: Foods for Meals
 - 1. Meat, Poultry, Fish and Shellfish
 - 2. Fruits and Vegetables
 - 3. Convenience Foods
- Unit Four: Consumer Decisions
 - 1. Planning Meals
 - 2. Mealtime Customs
 - 3. Shopping for Food
 - 4. Foods of the World

Articulation Agreements:

FLAT ROCK COMMUNITY HIGH SCHOOL
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Course Name: CHILD DEVELOPMENT (As of school year starting 9/09)

Course Number: 300725

Course Credit: .5

School Year: 2008/2009

Instructor: Denise M. Schuler

Course Description/Course Objectives: Students will explore the process of child development and parenting. They will learn how children grow, the process of parenting, how adults and other caregivers influence and are influenced by the children in their lives. Students will also learn the financial aspects of parenting health and safety for children and lastly nutrition for children.

Student Competencies: Type Competencies

Required Text: “The Developing Child” by Holly E. Brisbane

References & Other Resources: The “Baby Think it Over” Parenting Simulator
The “Empathy Belly” Pregnancy Simulator

Various Reference Materials, and

Visual Aids

Course Advisory Committee: Type Advisory Names

Class Assignments: Classroom Assignments, Tests, Quizzes, Journals, Projects, Parenting Simulator Project, Baby Diary

Final Exam: Vocabulary, Short Answers, True/False, Essay 20%

Class Policies: Students should bring to class every day the following supplies:

- f. A pen or pencil
- g. Notebook paper
- h. A textbook will be assigned to each student however; this textbook shall remain in the classroom. Due to the high number of students enrolled in the Parenting classes there is only one set of classroom books. It is YOUR responsibility to keep the book assigned to you in good condition. If you fall behind in your class work you will be allowed to sign out your book overnight.
- i. Other supplies (markers, rulers, scissors) will be supplied by the teacher. If a special supply is needed, students will be given a sufficient amount of time to acquire it.
- j. Clear bottles of water are now allowed in all classes.

Classroom Rules:

1. Students are expected to behave with respect.
2. Students are to be in the room when the bell rings. Please see the student handbook for the new rules on tardiness.
3. Follow all rules in the student handbook.
4. Do not talk while I'm talking or another student is talking.
5. Clean up after yourself! This includes leaving papers on the table and on the floor.
6. No writing on the tables.
7. Do not throw anything.

8. Ask permission to go into any cabinets.
9. Do not take things that do not belong to you.
10. Read the directions THEN ask questions!
11. Bring your passbook and ID badge every day, without it you will not be allowed to leave the room.

Evaluation & Grading: All grades are updated on the school wide Zangle System.

My grading scale is based upon a point system, which will be determined by comparing possible points with earned points and using the following percentage scale:

**90-100% A, 80-89% B, 70-79% C, 69-69% D, below
60% E**

Course Outline:

A. Prepare for Parenthood

1. Determine readiness for parenthood or making parenthood decisions.
2. Explore the operation of various family structures relative to parenting.
3. Determine the financial and emotional responsibilities of parenthood.
4. Analyze parenting methods.

B. Examine Human Reproduction

1. Distinguish between the effects of heredity and environment on human development.
2. Birth defects and impact on family structure.
3. Examine human development from conception through the birth process.
4. Analyze the needs of expectant parents.

C. Care for Physical Needs of Children

1. Physical and motor development of children.
2. Physical care of children.
3. Food, clothing, equipment, etc. for children.

D. Care for Emotional and Social Needs of Children

- 1. Demonstrate the ability to provide for the emotional and social development of children. Demonstrate the ability to guide and discipline children.**
- 2. Ages and stages of development.**
- 3. Examine cause and effect of child abuse.**

E. Care for the Intellectual Needs of Children

Sequence the intellectual development of children.

Articulation Agreements:

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Course Name: Personal Living
Course Number: 300730
Course Credit: .5
School Year: 2008/2009
Instructor: Denise M. Schuler

Course Description/Course Objectives: Personal Living is basically a course dealing with Human Relationships and Learning to Live on Your Own. Within the material presented, you will learn about the fundamentals of a healthy self-concept, the development of self-awareness, how to develop interpersonal skills to resolve conflict and improve communication skills, methods of managing your daily life, time, energy, health, stress/abilities, etc. We will also explore healthy living choices and fast and easy meal planning.

Student Competencies: Type Competencies

Required Text:

References & Other Resources: Living On Your Own , An Independent Living Simulation; Your Checking Account, Presented by Metro Shores Credit Union; Various other reference materials, visual aids, Media Center Resources, Computer Lab

Course Advisory Committee: Type Advisory Names

Class Assignments: Classroom Assignments, Essays Journals, Projects,

Final Exam: Essay 20%

Class Policies: Students should bring to class every day the following supplies:

- k. A pen or pencil
- l. Notebook paper
- m. Other supplies (markers, rulers, scissors) will be supplied by the teacher. If a special supply is needed, students will be given a sufficient amount of time to acquire it.
- n. Clear bottles of water are now allowed in all classes.

Classroom Rules:

1. Students are expected to behave with respect.
2. Students are to be in the room when the bell rings. Please see the student handbook for the new rules on tardiness.
3. Follow all rules in the student handbook.
4. Do not talk while I'm talking or another student is talking.
5. Clean up after yourself! This includes leaving papers on the table and on the floor.
6. No writing on the tables.
7. Do not throw anything.
8. Ask permission to go into any cabinets.
9. Do not take things that do not belong to you.
10. Read the directions THEN ask questions!
11. Bring your passbook and ID badge every day, without it you will not be allowed to leave the room.

Evaluation & Grading: All grades are updated on the school wide Zangle System.

My grading scale is based upon a point system, which will be determined by comparing possible points with earned points and using the following percentage scale:

90-100% A, 80-89% B, 70-79% C, 69-69% D, below
60% E

Course Outline:

Week 1 & 2 Unit 1: Understanding Yourself

Content Standard 1: All students will demonstrate skills necessary to function in family roles and relationships that are transferable to roles and responsibilities within the workplace and community.

Contents Standard 3: All students will analyze factors that influence human development

Contents Standard 4: All students will demonstrate responsible individual and family decision-making.

H1.2 Evaluate interrelationship of career, community, social, and family roles.

H1.3 Analyze positive patterns of communication used in interpersonal relationships

H1.4 Identify and practice strategies for achieving individual, family and career goals.

H3.2 Analyze the impact of healthy behavior on life goals.

H4.1 Create and implement an individual plan of action based upon wants and needs.

PROJECT: Autobiography, various life simulation games (ice breakers) done on a daily basis.

Weeks 2- 8

Unit 2: A Place to Live/Financial Responsibilities

Content Standard 1: All students will demonstrate skills necessary to function in family roles and relationships that are transferable to roles and responsibilities within the work place and community.

H1.1 Evaluate factors that can affect the successful balance of work and family.

H1.2 Evaluate interrelationship of career, community, social, and family roles

H1.4 Identify and practice strategies for achieving individual, family, and career goals.

H1.6 Practice management skills used in work, home, and community settings.

H1.7 Examine skills related to balancing work and family responsibilities.

H1.8 Apply basic communication skills, scientific, and social studies concepts, mathematical processes, and technology in work-related situations, including the use of symbols, pictures, schematics, charts and graphs.

PROJECT: Banking Project: Your Checking Account – Presented by Metro Shores Credit Union

Living on Your Own: Apartment & Job Simulation

WEEK 9 – 2 Days

Unit 3: Caring for Others and Yourself

Content Standard 3: All students will analyze factors that influence human development

H3.1 Identify and implement ways to improve self-esteem.

H3.3 Relate personal needs to theories of human development

H3.5 Demonstrate responsible attitudes and actions when caring for self and relating to others.

H3.7 Analyze positive expectations for self and others.

PROJECT: Warm Fuzzies/Cold Pricklies Project

Week 9 – 3 Days, Week 10 – 12

Unit 4: Making Choices/Living Life

Content Standards 1, 2, 3 (Previously stated)

Content Standards 4: All students will demonstrate responsible individual and family decision-making.

H4.1 Identify internal and external factors that enhance or impede the implementation of an individual plan of action.

H4.2 Create and implement an individual plan of action based upon wants and needs.

H4.3 Assess choices and consequences in individual decision-making

Content Standard 5: All students will practice family, social, and civic responsibility

H5.1 Practice social and civil responsibility

H5.2 Describe positive ways to demonstrate a tolerance for individual, social and cultural diversity.

H5.3 Demonstrate an understanding of the legal rights and responsibilities of individuals and families.

Content Standard 6: All students will develop a plan for individual and family wellness.

H6.8 Practice alternatives for handling family conflict

H6.9 Investigate how conflict creates stress for individuals, families, and communities.

Content Standard 8: All students will practice responsible consumer and producer behavior, rights and responsibilities.

H8.1 Demonstrate the ability to use financial resources responsibly to meet individual and family needs.

H8.2 Analyze how individual priorities and goals affect wants and needs.

PROJECT: Wedding Project, High School Memories Project

Articulation Agreements:

FLAT ROCK COMMUNITY HIGH SCHOOL
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Course Name: Nutrition II
Course Number: 300715
Course Credit: .5
School Year: 2008/2009
Instructor: Denise M. Schuler

Course Objectives/Course Description

During the course of the trimester students in the Nutrition II class will focus on meal planning for a single person and family life. Students will also explore cooking and presentations for large crowds. The course will have extensive cake decorating instruction and foods for entertaining.

Students will also learn the skills and be able to: identify kitchen equipment and its proper use, understand food preparation terms, read and follow recipe directions, use computational skills to increase and decrease a recipe, identify correct measuring techniques, use basic cooking tools and techniques correctly, cook creatively on a budget, and read and identify food labeling practices

Student Competencies: Type Competencies

Required Text: FOOD FOR TODAY

References & Other Resources: Internet, Cookbooks, Computer Lab

Course Advisory Committee: Type Advisory Names

Class Assignments: Daily Class work, hands-on lab

Final Exam: Practical Exam 20%

Homework/Classwork Policies:

All assignments due on the due date, if absent on the day of the assignment, students are allowed one extra school day to make up the work.

If student is absent on the date the assignment is due they must turn it in on the date of the return.

If absent on the day of a test they will have to take the test on the day of their return.

All students are required to pass the Nutrition test with at least a 79.5%. They must retake the test until they reach a 79.5%.

If students are absent for lab days students will not get the participation points earned for that activity.

Students should bring to class every day the following supplies:

- o. A pen or pencil
- p. Notebook paper
- q. A textbook will be assigned to each student however; this textbook shall remain in the classroom. Due to the high number of students enrolled in the Nutrition classes there is only one set of classroom books. It is YOUR responsibility to keep the book assigned to you in good condition. If you fall behind in your class work you will be allowed to sign out your book overnight.

- r. Other supplies (markers, rulers, scissors, food supplies will be supplied by the teacher. If a special supply is needed, students will be given a sufficient amount of time to acquire it.
- s. Clear bottles of water are now allowed in all classes.

Classroom Rules:

- 12. Students are expected to behave with respect.
- 13. Students are to be in the room when the bell rings. Please see the student handbook for the new rules on tardiness.
- 14. Follow all rules in the student handbook.
- 15. Do not talk while I'm talking or another student is talking.
- 16. Clean up after yourself! This includes leaving papers on the table and on the floor.
- 17. No writing on the tables.
- 18. Do not throw anything.
- 19. Ask permission to go into the kitchens or any cabinets.
- 20. Do not take things that do not belong to you.
- 21. Read the directions THEN ask questions!
- 22. Bring your passbook every day, without it you will not be allowed to leave the room.

Evaluation & Grading: All grades are updated on the school wide Zangle System.

My grading scale is based upon a point system, which will be determined by comparing possible points with earned points and using the following percentage scale:

90-100% A, 80-89% B, 70-79% C, 69-69% D, below 60% E

Course Outline:

Unit ONE: Review and pass Nutrition I Final Exam

Materials covered: Food, Nutrition and You

- 1. Exploring Food Choices
- 2. The Nutrients You Need
- 3. Guidelines for Good Nutrition
- 4. Kitchen Principles
- 5. Recipe Skills

Unit TWO: Cake Decorating:

- 1. How to Level a Cake**
- 2. How to crumb layer a cake**
- 3. How to Frost a cake (Final layer, no crumbs)**
- 4. Star Cake, Small and Large**

Unit THREE:

- 5. Basketweave Cake**

Unit FOUR:

6. Borders
7. Flowers, Stems, Leaves Cake

Unit FIVE:

8. English Lace Cake

Unit SIX:

FINAL EXAM

9. 3 – Layer Wedding Cake

Articulation Agreements:

FLAT ROCK COMMUNITY HIGH SCHOOL
25600 Seneca
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Course Name: PARENTING SKILLS

Course Number: 300725

Course Credit: .5

School Year: 2008/2009

Instructor: Denise M. Schuler

*****This course is new and new books are being ordered. Syllabus Pending on Book**

Course Objectives/Course Description

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Student Competencies: Type Competencies

Required Text:

References & Other Resources:

Course Advisory Committee: Type Advisory Names

Class Assignments: Daily Class work, Individual reading, quizzes, tests, hands-on lab

Final Exam: Practical Exam 20%

Homework/Classwork Policies:

All assignments due on the due date, if absent on the day of the assignment, students are allowed one extra school day to make up the work.

If student is absent on the date the assignment is due they must turn it in on the date of the return.

If absent on the day of a test they will have to take the test on the day of their return.

Students should bring to class every day the following supplies:

- t. A pen or pencil
- u. Notebook paper
- v. A textbook will be assigned to each student however; this textbook shall remain in the classroom. Due to the high number of students enrolled in the Parenting classes there is only one set of classroom books. It is YOUR responsibility to keep the book assigned to you in good condition. If you fall behind in your class work you will be allowed to sign out your book overnight.

- w. Other supplies (markers, rulers, scissors, food supplies will be supplied by the teacher. If a special supply is needed, students will be given a sufficient amount of time to acquire it.
- x. Clear bottles of water are now allowed in all classes.

Classroom Rules:

- 23. Students are expected to behave with respect.
- 24. Students are to be in the room when the bell rings. Please see the student handbook for the new rules on tardiness.
- 25. Follow all rules in the student handbook.
- 26. Do not talk while I'm talking or another student is talking.
- 27. Clean up after yourself! This includes leaving papers on the table and on the floor.
- 28. No writing on the tables.
- 29. Do not throw anything.
- 30. Ask permission to go into the kitchens or any cabinets.
- 31. Do not take things that do not belong to you.
- 32. Read the directions THEN ask questions!
- 33. Bring your passbook every day, without it you will not be allowed to leave the room.

Evaluation & Grading: All grades are updated on the school wide Zangle System.

My grading scale is based upon a point system, which will be determined by comparing possible points with earned points and using the following percentage scale:

90-100% A, 80-89% B, 70-79% C, 69-69% D, below
60% E

Articulation Agreements:

