





## ***FOOD AND NUTRITION 2024-2025***

Teacher Name: Coach Montgomery  
Email: mmmontgomery@madisoncity.k12.al.us  
Phone: 256-216-5313  
Extension: 95253

---

***Course Description:***

Food and Nutrition is a 18 week, one-credit course. Topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines, including My Plate; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths.

***Prerequisite:***

Family and Consumer Science

---

***Classroom Management Plan:***

**Classroom Management Plan**

- Verbal reprimand
- Conference with student with parent contact
- Withdrawal of privilege(s) with parent contact
- Other consequences determined to be reasonable and appropriate by the school administration.

***Cell Phones:***

Cell phones and earbuds/headphones will not be allowed to be used during classroom instruction time. Phones and earbuds/headphones will be put away in a location designated by the teacher and placed in silent mode. In secondary schools, students will have access to their phones and earbuds/headphones outside of classroom instruction time such as between classes and lunch. Failure to follow these procedures will result in consequences in the classroom management plan.

---

***Grading Policy:***

Test grades will account for 70% of the 9-weeks grade, with the remaining 30% being determined by quiz/daily grades. The grading scale is as follows: A (90-100%), B (80-89), C (70-79), D (65-69), and F (below 65). Grades will be a reflection of mastery of the standards. Make sure all absences are excused as class work can be made up and graded for excused absences only. The final exam counts for 20% of the final grade.

---



## ***FOOD AND NUTRITION 2024-2025***

Teacher Name: Coach Montgomery  
Email: mmmontgomery@madisoncity.k12.al.us  
Phone: 256-216-5313  
Extension: 95253

---

### ***Make-up Work Policy:***

Make-Up Work: make-up test will be given during class. Students have three days from return of absence to get their missing work turned in. All missing work will be entered as a zero until it is made up. Remember it is your responsibility to get your make-up assignments and turn them in on time.

Late Work: If your work is turned in late the highest you may receive on the assignment is a 75 then after three school days late your grade is a zero.

### ***Texts and Other Required Reading:***

---

*Nutrition and Wellness for Life*

---

### ***Materials and Supplies Needed:***

Class fee \$35  
School issued Chromebook  
Pen/Pencil  
1" Binder or Notebook  
Appropriate Kitchen Attire

---

### ***Laptops***

**Concerning laptop utilization:** 1. Student laptops should not be hard-wired to the network or have print capabilities. 2. Use of discs, flash drives, jump drives, or other USB devices will not be allowed on Madison City computers. 3. Neither the teacher, nor the school is responsible for broken, stolen, or lost laptops. 4. Laptops and other electronic devices will be used at the individual discretion of the teacher.

---

### ***Accommodations***

Requests for accommodations for this course or any school event are welcomed from students and parents.



## ***FOOD AND NUTRITION 2024-2025***

Teacher Name: Coach Montgomery  
Email: [mmmontgomery@madisoncity.k12.al.us](mailto:mmmontgomery@madisoncity.k12.al.us)  
Phone: 256-216-5313  
Extension: 95253

<b>18 - WEEK PLAN*</b>	
<b>WEEK 1</b>	<b>Intro to the course: and incorporate CTSO.</b>
<b>WEEK 2</b>	<b>Kitchen Safety</b>
<b>WEEK 3</b>	<b>Reading a Recipes and Common Kitchen Measurements (Measurement Lab)</b>
<b>WEEK 4</b>	<b>Digestion</b>
<b>WEEK 5</b>	<b>Digestion (Digestion Lab)</b>
<b>WEEK 6</b>	<b>MyPlate and Nutrition Guidelines</b>
<b>WEEK 7</b>	<b>Healthy Eating</b>
<b>WEEK 8</b>	<b>Macronutrients</b>
<b>WEEK 9</b>	<b>Macronutrients and Lab</b>
<b>WEEK 10</b>	<b>Vitamins</b>
<b>WEEK 11</b>	<b>Minerals</b>
<b>WEEK 12</b>	<b>Event Planning</b>
<b>WEEK 13</b>	<b>Food Production and Distribution</b>
<b>WEEK 14</b>	<b>Dining Etiquette</b>
<b>WEEK 15</b>	<b>International Cuisine</b>
<b>WEEK 16</b>	<b>Food Truck Wars</b>
<b>WEEK 17</b>	<b>Food Truck Wars</b>
<b>WEEK 18</b>	<b>Finals Review</b>

\* This syllabus serves as a guide for both the teacher and student; however, during the term it may become necessary to make additions, deletions or substitutions.