

**Course Outline:** p94b68

**Foods & Fitness**

**Mrs. Armoza**

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**Teacher Responsibilities:** It is my job to provide you with a safe environment, and the opportunities and tools to explore and acquire an in-depth understanding of:

- Basic nutrition
- Alternative diets and foods
- Food safety & sanitation
- Food preparation

**Student Responsibilities:** It is your job to make the most of the opportunities & tools provided for you to explore & acquire an in-depth understanding of the above topics. In order to achieve this goal:

- Attend class regularly and arrive on-time.
- Maintain a folder in class with notes, handouts, and worksheets.
- Bring something to write with.
- Complete all work on or before due date.
- Be respectful and tolerant of others' comments, opinions, and questions.
- Participate in class discussions- VERY IMPORTANT!
- Work cooperatively when in groups- pull your weight and the whole group benefits.
- If you are late or miss a class, it is your responsibility to obtain any missed work.
- If you are absent, assigned work is due the day you return.
- Use discretion and appropriate behavior regarding cell phones and personal conversations.
- Always put forth your very best effort in whatever you are doing.
- Have fun! This class should be informative, useful and enjoyable!

**Grades:** Everyone begins class with an A+. However, it is your job to maintain that grade. The choices you make and the effort you put into your work will determine the grades you receive on projects, class participation & homework. 😊