

*Department of Family & Consumer Science*  
Neshaminy High School  
215-809-6100

## **HONORS NUTRITION AND DIETETICS: *Fitness for Life***

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### **COURSE EXPECTATIONS**

**MATERIALS NEEDED EVERY DAY FOR CLASS:** Pencil/Pen, paper, 1 to 1 ½ inch three ring binder used only for this class.

**NOTE TAKING:** Taking notes during class is expected, but will not be “policed”. You can use the note outlines provided or take your own notes. Having notes will help you tremendously with the unit post-tests.

**KEEP YOUR NOTEBOOK ORGANIZED:** Organization is an important skill for your future. Keeping a well-organized notebook can only help ensure success.

**CLASS WORK:** Class work counts and will be part of your grade. Use your time in class wisely so that you have less to do at home. You all have very busy lives.

**FILMS:** We will be watching several films in this course. Some are short and used to introduce a topic. Others can last several days and are meant to reinforce topics. Most films are accompanied with an assignment. Being absent for the viewing of all or part of a film, does not excuse you from the assignment. The films I’ve selected can be viewed on Hulu, Netflix, or a similar site.

**ON-LINE DISCUSSIONS:** A few times this year, I will expect you to participate in our class on-line discussion boards where you can share your thoughts about nutrition and the changes you hope to make or have made.

**HOMEWORK:** Very soon, you will have homework! At the very least, you need to research nutritional facts about the “Super Food” of the week to share in class.

**ARTICLE ANALYSIS:** Nutrition is an ever-changing discipline. You are expected to read two articles focused on our current topics in Nutrition and turn in a written analysis of the article each Marking Period. Articles and directions for responses are posted on the website or you can ask for printed copies. You can also select your own articles, but you must turn in a copy of the article along with your analysis. These are due anytime during and no later than one week before the end of the IPR and Marking Period.

**VOCABULARY QUIZZES:** There will be a two vocabulary quizzes each marking period.

**PRE-TESTS:** Before each unit, you will be given at least one week to complete a “pre-test” on the website. This test is not graded for accuracy... only for completion. This gives you an idea of the topics we will be discussing in class and me an idea of what you already know.

**POST-TESTS:** Each unit will close with a multiple-choice post-test. There will be four post-tests, one each marking period. There will be a review the day before each post-test. Don’t be absent on a review day. Save all post-tests to use to study for the final exam.

**RE-TESTS:** Re-tests are available for both vocabulary and unit post-tests until the last day of the marking period. However, in order to qualify for a unit re-test, you must produce ALL of your notes. All re-tests must be scheduled on your time, not class time.

**LABS:** You will receive a grade for every Foods Lab. Following directions, organization, working cooperatively, and cleaning up are the criteria for this part of your grade. Labs will alternate weekly with Superfood taste-tests.

**PROJECTS:** There will be a few individual and group projects that may require some research outside of class. These projects are designed as a way to help you apply your new knowledge about nutrition, health, and fitness.

**ABSENCES FROM CLASS:** You are responsible for anything missed while absent. Foods labs are the only exception. If you know you will be missing class (Science Labs) see me in advance. All power point lessons and note sheets will be posted on Edmodo.

**GRADES:** Nutrition is a major subject and carries as much weight as any other honors level class. All grades will be posted on the home access center in a timely manner. If there is need for concern and you are honestly trying, see me for help long before the end of the marking period.

**Letter grades are replaced with a 4-point system:**

**A+ = 4 points**  
**A- = 3.5 points**  
**B- = 3 points**  
**C- = 2 points**  
**D- = 1 point**  
**Not Done = 0 points**

*Larger assignments will be weighted.*

**Marking Period Grade Breakdown:**

**Homework = 15%**  
**Class Work = 20%**  
**Writing = 20%**  
**Foods Labs = 10%**  
**Tests and Quizzes = 35%**

*Percentages are subject to change.*

**Report Card Grades / Home Access Percentages:**

**A = 87 to 100%**  
**B = 75 to 86%**  
**C = 50 to 74%**  
**D = 25 to 49%**

**IMPORTANT NOTE: An "A" each Marking Period = NO FINAL EXAM**

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## IMPORTANT STUFF

**WEB SITE:** Assignments, directions, nutrition articles, study guides, etc. are all posted on my web site. There is also a class calendar that has the important due dates posted. Take advantage of all of the information here to help you with this course. You will be able to download the recipes we used in class and view photos taken during labs and activities.

**EDMODO:** All power point lessons and note sheets will be posted on our Edmodo class page.

**CLASS CODE = ds6w7v**

**REMINDE:** Registering yourself for REMIND is a valuable tool to make sure you stay on top of all of your Nutrition assignments and due dates.

**TEXT: @honorsnut to 81010**

**EMAIL:** You are welcome to email me any time with questions or concerns. All assignments will also be accepted electronically rather than turning in a hard copy. Make sure that you receive a reply from me that the assignment has been received. Don't assume that I have your work.....  
**MAKE SURE!**

**ALL SCHOOL RULES APPLY WHILE IN NUTRITION CLASS.**

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