

Nutrition and Wellness

Syllabus

Welcome to Nutrition and Wellness online! This course is designed to teach individuals how to live a healthy lifestyle. You will understand what impacts nutritional choices and how to change or maintain your own personal health and wellness. You will also have to follow and successfully prepare five different recipes.

About Your Instructor: My name is Emily Anderson. I live in Rapid City, South Dakota with my husband, my son Jack, and my two dogs. I taught for ten years at North Middle School in Rapid City and now stay home with my son. I teach online and substitute occasionally.



Communication

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This course is based on the four power standards under the Career and Technical Education Standards through the South Dakota Department of Education. There are five units in this course based on the standards. Topics include the impact of media and technology on nutrition, personal health and wellness habits, MyPlate.org, menu planning, and a cooking unit.

- Because this course is on-line, it is important for you to ask questions whenever you need to. If your question has to do with your grade or your progress in the course, you should email or call me. If your question is about how to do an assignment, please ask the entire class by using the discussion board.
- You can contact me at the email address above, or through my cell phone. You can feel free to text me but just let me know who you are! (Example: This is so and so from your Nutrition Class...). I read my email throughout the day so I will be able to get back to you within the same day or if not the following day.
- I am interested in hearing your comments and questions and in helping you to learn the course material. If you feel frustrated with the course, or just need to ask a few questions, please email me or call me.

Instructional Materials

There is no textbook for this class. This class will be based on the resources from the standards and from your own research. I listed a few websites you can use for your first project and you can feel free to research on your own if they are credible sites. You can also feel free to choose a different recipe than the five I have picked. They just need to be within the same category and an explanation as to why you picked a different recipe. This explanation can go in your reflection at the end of the cooking experience.

Always check directions and rubrics for assignments and projects before handing them in so that they are complete, and you receive all the points you deserve.

Class Policies and Procedures

- Student Behavior:

To successfully complete this course, you need to be working during your class time. Your facilitator will handle any discipline issues according to your school's discipline policy.

All assignments and projects must contain content that is appropriate for a K-12 classroom.

- Assignments and Projects:

I have given a set of directions and a rubric for each project to complete. If you are confused by the directions, please email or call me. During the cooking unit, the assignment I will grade will be the reflection part of the cooking unit since I won't be able to be there to watch you complete this task. You will have to take a picture of the completed recipe however. You can email the picture of your completed recipe along with your reflection of how the process went. I have given an example of the reflection, so you know what I am looking for.

You will have time to work on your assignments each day during your class period. Please use your time wisely every day so you don't get behind in your assignments. If you work on it every day you will finish in a timely manner. You must do your own assignments and projects. It is also important to remember that using other people's ideas, works, pictures, or any other content is illegal.

You should hand in work by submitting it through e-mail. If you have questions, or are having trouble, please email me so that we can resolve the situation. You must keep working through the course to finish by the

end of the semester. There is plenty of time to finish the course if you work during every scheduled class time.

**Remember: You are responsible for your learning in online classes more than in any other classroom situation!*

If you miss class for a school related event or an illness, please allow some extra time to work on this course. You'll need to get caught up right away. The course will be easier if you're working on the same assignments as the other students at your site.

Grades

Your assignments are graded based on the maximum number of points possible. I have a rubric at the end of each project to show exactly what you need to receive the points possible. I'll divide the number of points that you earn by the number of points possible to determine your percentage. The percentage that you earn determines your course grade based on the grading scale used at your school.

Your grade will be reported to your school as a percentage and may be interpreted differently, depending on your district's grading policies.

Grading Scale

93-100	A
86-92	B
78-85	C
70-77	D
Below 60	F