



# Winter Lakes High

<b>Course Title and Number:</b> Cooking Class		<b>Instructor:</b> Liz (Elizabeth) Gallagher
<b>Year:</b> September 2021 – June 2022	<b>Class Location:</b> Winter Lakes High School commons or hybrid.  <b>Class time:</b> Thursday 1:00-3:00 PM (Campus)	<b>Office Location:</b> Winter Lakes High School: Room #3
<b>Office Hours:</b> Tuesday 8:00-9:00 AM	<b>Office Phone:</b> (541)824-0115 ext. 7206	<b>Email Address:</b> <a href="mailto:lgallagher@coquille.k12.or.us">lgallagher@coquille.k12.or.us</a>  OR <a href="mailto:liz.gallagher@csd8.info">liz.gallagher@csd8.info</a>

<b>Course Description:</b>	In this course students will have the opportunity to acquire their Oregon Food Handler's license. After getting that students will learn how to use safe techniques in the kitchen as well as how to prepare food properly.
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<p><b>Course Objectives:</b></p> <p><b>Common Core State Standards</b></p>	<p>HE.1.7.56 Describe the importance of a nutrient-rich diet.</p> <p>HE.1.12.45 Explain key concepts of nutrition including food groups, nutrient types, adequacy of diet, portion size and moderation, food safety and disease connection.</p> <p>N.Q.2 Define appropriate quantities for the purpose of descriptive modeling.</p> <p>F.LE.1.b. Recognize situations in which one quantity changes at a constant rate per unit interval relative to another.</p>
<p><b>Unique Class Procedure/Structures:</b></p>	<p>There will only be eight students that will be able to participate on site. We are offering a hybrid option through google classroom also.</p>

<b>Expectations:</b>	<p>On campus learners:</p> <p>You are expected to follow the safety guidelines that are provided to you. When you are not able to follow instructions you will be asked to sit for the rest of the day.</p> <p>-Follow directions when they are given by the instructor, when they are posted in google classroom, and when you are following a recipe.</p> <p>-Ask questions when you have them.</p> <p>-If you are attending the in person session please notify your teacher when you aren't going to attend.</p> <p>For distance learners:</p> <ul style="list-style-type: none"><li>● Submit a picture of yourself before you begin cooking with your ingredients then one while you're making the recipe, and what the finished product looked like.</li><li>● You will need to submit a paper of 1-2 paragraph about the process of making the recipe along with reasoning as to why it may not have turned out how it was supposed to or something that could have been went wrong during the process.</li></ul>
<b>Text (s)</b>	Any text materials will be provided digitally through google classroom.
<b>Safety Issues:</b>	<ul style="list-style-type: none"><li>● Due to there being sharp objects and hot items students will be expected to follow all safety procedures. There will be a week dedicated to learning about safety within the kitchen.</li><li>● Students that do not follow safety issues may be warned that they will not be able to participate for the rest of the period or may be removed from participating in the future if their behavior could harm themselves or others.</li></ul>

<p><b>Quarks awarded/Grading:</b></p>	<p>The following are examples of how you can gain quarks in this course;</p> <ul style="list-style-type: none"> <li>● Providing your Oregon Food Handler’s certificate (5 quarks)</li> <li>● Coming to class in person AND participating OR submitting three pictures of the process, one of the ingredients, one of you actively creating the recipe, and one of the finished product. In addition to the pictures there will need to be 1-2 paragraphs describing your process and something that either went wrong or could have gone wrong. (3 quarks)</li> <li>● Finding a recipe for the food that is being made for the week (1 quark)</li> <li>● Submitting a budget for the recipe (1 quark)</li> <li>● Using coupons with your budget (1 quark)</li> <li>● Answering class questions in google classroom (1 quark)</li> <li>● Submitting worksheets (1 quark)</li> <li>● If you turn in your Oregon Food Handler’s license and complete 8 recipes for the trimester you will receive an additional (5 quarks)</li> </ul> <p>50 quarks = 1 credit</p> <p>75 quarks = 1.5 credits</p> <p>100 quarks = 2 credits</p> <p>150 quarks = 3 credits</p> <p>3 credits = 1 full year course</p>
<p><b>Availability of Tutoring, Learning, Lab, Academic Support</b></p>	<p>There are options for distance learners to schedule times to meet with me via google meets or to email me for academic support. Students can set up meetings with me outside of class; However, they do need to be scheduled.</p>
<p><b>Cell Phone Policy:</b></p>	<p>Please do not have phones out while working in the kitchen.</p>

