



# Lincoln Southwest High School

7001 South 14<sup>th</sup> Street Lincoln, Nebraska 68512  
(402) 436-1306 Fax (402) 436-1085

## Foods, Nutrition and Wellness

Dear Parent/Guardian,

Welcome to the Family and Consumer Sciences (FACS) Department. You are receiving this letter because your student is enrolled in Foods, Nutrition and Wellness. In this course students will learn methods for safely handling food, planning nourishing meals and making healthy food choices. They will examine how food is used by the body and will analyze factors in making healthy choices for overall wellness. They will prepare and **cook** a variety of healthy foods to practice these skills. This 5 hour course for grades 10-12 meets the CTE graduation requirement\*Prerequisite: Culinary Foundations (Waived this year). The class outlines is below.

- Unit 1: Wellness
- Unit 2: Lab Refresher
- Unit 3: Nutrients
- Unit 4: GI System
- Unit 5: USDA Guidelines/Food labels/My Plate
- Unit 6: Weight Control
- Unit 7: Lifespan

Grading will be determined by points. Points are earned by completing assignments including worksheets, lab work, group projects, individual projects, quizzes and tests. All grades will be posted on Synergy for your convenience. The grade scale will follow Southwest's guidelines.

I am looking forward to this term! Respectful, responsible, and safe behavior is expected in class. Please let me know if you have any questions or concerns. If you would like to reach me, please email me at [rswarts@lps.org](mailto:rswarts@lps.org) or call Southwest at 436-1306, Ext. 66225.

Best Regards,  
Ms. Swarts

**(Detach here)**

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To indicate that you have read this letter, please sign below and have your student return to it to class. **Please circle contact preference (phone or email).**

Student Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

## **Human Behavior Classroom Expectations**

### **BE RESPECTFUL:**

- Bring a positive attitude to class!
- Show respect to the teacher and to classmates, and you will earn respect in return.
- Cell phones may be taking away if they become a distraction.
- Treat the classroom and materials with respect.

### **BE RESPONSIBLE:**

- Please clean up after yourself.
- Bring a pencil/pen and classroom material each day.
- Come to class on time.

### **BE SAFE:**

- Stay in your seats until dismissed.

### **CLASS REQUIREMENT:**

- Students should bring in a 3 ring binder or folder, which can be stored in the classroom. The preferred size is 1", and no bigger than 2".

### **GRADES WILL BE BASED ON:**

- Assignments
- Tests/Quizzes
- Group Projects
- Individual Projects

### **LATE WORK POLICY:**

- Hand work in on time
- Excused absences: you will be given 2X the number of days absent to turn in a missed assignment with no point deductions.
- If you know you will be gone for a school activity – get the assignment the day before!