



FOOD AND NUTRITION 2024-2025

Teacher Name: Coach Montgomery
Email: mmmontgomery@madisoncity.k12.al.us
Phone: 256-216-5313
Extension: 95253

Dear Parent/Guardian,

I look forward to having a great year! I feel fortunate to have your student in my class this semester and hope that you will contact me should you have any concerns about the progress of your student or any aspect of the instruction. With your student, please read the attached policies, then sign and date this signature page and have your student return this form. Please provide a current email address and phone number at which I can contact you should the need arise. Please contact me at school with any concerns.

Thank you,
Coach Montgomery
mmmontgomery@madisoncity.k12.al.us

Syllabus Affirmation:

Signing below indicates that you have read the syllabus and agree to all policies and procedures found therein. Please contact the instructor with any questions or concerns.

Student Name (Print) _____	Date _____
Student Signature _____	Date _____
Parent/Guardian Name (Print) _____	Date _____
Parent/Guardian Signature _____	Date _____
Email Address(es) _____	
Phone number(s) _____	_____
Cell	Home Work



FOOD AND NUTRITION 2024-2025

Teacher Name: Coach Montgomery
Email: mmmontgomery@madisoncity.k12.al.us
Phone: 256-216-5313
Extension: 95253

Course Description:

Food and Nutrition is a 18 week, one-credit course. Topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on USDA Dietary Guidelines, including My Plate; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths.

Prerequisite:

Family and Consumer Science

Classroom Management Plan:

Classroom Management Plan

- Verbal reprimand
- Conference with student with parent contact
- Withdrawal of privilege(s) with parent contact
- Other consequences determined to be reasonable and appropriate by the school administration.

Cell Phones:

Cell phones and earbuds/headphones will not be allowed to be used during classroom instruction time. Phones and earbuds/headphones will be put away in a location designated by the teacher and placed in silent mode. In secondary schools, students will have access to their phones and earbuds/headphones outside of classroom instruction time such as between classes and lunch. Failure to follow these procedures will result in consequences in the classroom management plan.

Grading Policy:

Test grades will account for 70% of the 9-weeks grade, with the remaining 30% being determined by quiz/daily grades. The grading scale is as follows: A (90-100%), B (80-89), C (70-79), D (65-69), and F (below 65). Grades will be a reflection of mastery of the standards. Make sure all absences are excused as class work can be made up and graded for excused absences only. The final exam counts for 20% of the final grade.



FOOD AND NUTRITION 2024-2025

Teacher Name: Coach Montgomery
Email: mmmontgomery@madisoncity.k12.al.us
Phone: 256-216-5313
Extension: 95253

Make-up Work Policy:

Make-Up Work: make-up test will be given during class. Students have three days from return of absence to get their missing work turned in. All missing work will be entered as a zero until it is made up. Remember it is your responsibility to get your make-up assignments and turn them in on time.

Late Work: If your work is turned in late the highest you may receive on the assignment is a 75 then after three school days late your grade is a zero.

Texts and Other Required Reading:

Nutrition and Wellness for Life

Materials and Supplies Needed:

Class fee \$35
School issued Chromebook
Pen/Pencil
1" Binder or Notebook
Appropriate Kitchen Attire

Laptops

Concerning laptop utilization: 1. Student laptops should not be hard-wired to the network or have print capabilities. 2. Use of discs, flash drives, jump drives, or other USB devices will not be allowed on Madison City computers. 3. Neither the teacher, nor the school is responsible for broken, stolen, or lost laptops. 4. Laptops and other electronic devices will be used at the individual discretion of the teacher.

Accommodations

Requests for accommodations for this course or any school event are welcomed from students and parents.



FOOD AND NUTRITION 2024-2025

Teacher Name: Coach Montgomery
Email: mmmontgomery@madisoncity.k12.al.us
Phone: 256-216-5313
Extension: 95253

18 - WEEK PLAN*	
WEEK 1	Intro to the course: and incorporate CTSO.
WEEK 2	Kitchen Safety
WEEK 3	Reading a Recipes and Common Kitchen Measurements (Measurement Lab)
WEEK 4	Digestion
WEEK 5	Digestion (Digestion Lab)
WEEK 6	MyPlate and Nutrition Guidelines
WEEK 7	Healthy Eating
WEEK 8	Macronutrients
WEEK 9	Macronutrients and Lab
WEEK 10	Vitamins
WEEK 11	Minerals
WEEK 12	Event Planning
WEEK 13	Food Production and Distribution
WEEK 14	Dining Etiquette
WEEK 15	International Cuisine
WEEK 16	Food Truck Wars
WEEK 17	Food Truck Wars
WEEK 18	Finals Review

* This syllabus serves as a guide for both the teacher and student; however, during the term it may become necessary to make additions, deletions or substitutions.