Nutrition and Wellness

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Welcome to Nutrition and Wellness! My name is Emily Anderson and I have been in education as a teacher for close to 20 years! I currently teach for DIAL and will be staying home part time with my daughter.

I received my undergraduate degree from Chadron State College in Family and Consumer Sciences Education and my master's degree in Reading Education from the University of Sioux Falls. I have taught Family and Consumer Sciences and middle school English Language Arts over my teaching career. .

I currently live in Rapid City, SD with my husband, my two children, and my dog Hank.

Below is information about the course, but please feel free to contact me throughout the year with any questions you have.

Course Description: Nutrition and Wellness educates students to make healthy lifestyle choices for personal, family, and career success across the lifespan. Topics include the impact of technology on nutrition, food choices, wellness and stress management, meal planning and preparation, dietary guidelines, and food safety and sanitation practices.

Units:

1. Impact of Media & Technology on Nutrition

2. Personal Health & Wellness Benefits

3. MyPlate.org

4. Menu Planning

5. Cooking

Student Expectations:

1. 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.

2. All assignments and projects must contain content that is appropriate for the classroom.

Assignments & Projects:

1. I have given a set of directions and a rubric for each project. If you are confused by the directions, please email me.

2. You will have time to work on your assignments each day during your class period. Please use your time wisely every day so that you don't fall behind. If you work on it every day, you will finish in a timely manner.

3. You must do your own classwork. It is also important to remember that using other people's ideas, works, pictures, or any other content is illegal.

4. You should hand in work by submitting it through Google Classroom.

5. If you miss class for any reason, please allow extra time to work on this course. You'll need to get caught up right away.

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

7. Remember: YOU are responsible for your learning in online classes more than in any other classroom situation!

Materials: There is no textbook for this class. This class will be based on the resources provided and also on your own research. I try to always give you examples of resources you can use for each project. If you find your own resources, please make sure they are credible!

Grades: Grades are based on the maximum number of points possible. I will provide a percentage score for your work (points you earn/points possible). The percentage that you earn determines your course grade based on the grading scale used at your school.

Turning Work In: ALL Assignments must be turned in on time. If work will be late, please communicate that with me. I am more understanding if you communicate, rather than ask for forgiveness later.

Standards:

Evaluate factors that influence nutrition.

1. Investigate the impact of technology and media on food and health practices.
2. Analyze the effects of psychological, cultural, economic and social influences on food choices and other nutrition practices.
3. Determine the effects of nutrition on health, appearance, and peak performance.

Evaluate the needs of individuals and families in relation to health, nutrition, and wellness across the lifespan.

1. Identify dimensions of wellness.
2. Apply current dietary guidelines to meet nutrition and wellness needs.
3. Describe the effect of physical activity on health, appearance, and peak performance.
4. Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness.

Evaluate factors that affect food safety.

1. Apply practices to promote safe food handling.
2. Describe food borne illness that cause health issues.

Demonstrate ability to acquire, handle, and utilize foods to meet nutrition and wellness needs of individuals and families across the life span.

1. Plan and prepare a meal incorporating nutritional guidelines.
2. Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.
3. Use kitchen tools and equipment in a proper and safe manner.

Communication:

Please use the following resources to help monitor progress.

- The gradebook is the best way to know your current grade.
- Email is the best way to get ahold of me: andersonemily592@gmail.com or Emily.L.Anderson@k12.sd.us