



Nutrition and Wellness Syllabus
Mrs. Beaulieu
RM 261
kjbeaulieu@fallriverschools.org

Course Description:

Nutrition and Wellness is an elective course providing students with all the necessary information to build a strong foundation for vital health and improved quality of life. Students will understand the nutritional needs and food choices for optimal health of individuals across the lifespan. Students will learn the scientific principles of nutrition as well as practical applications, including how to read and analyze food labels, how to analyze personal eating habits, and how to develop a personal food plan. Participation in classroom activities and take-home assignments will assist the student in evaluating their personal diet and activity levels.

* Course can count towards PE credit for junior and senior students

Unit Topics:

- Introduction to nutrition
- Standards and Guidelines
- Nutrients: Carbohydrates, Fats, Proteins, Vitamins, Minerals, Water
- Nutrition and Physical Activity
- Meal Plan/Diet Analysis

Health/PE Grading:

Health Grade	Physical Education Grade
30% Class Assignments/Homework	5 Points – 100% participation
25% Assessments (Quiz, Test, Project)	4 Points – 80% participation
15% Mid-Term and Final	3 Points – 60% participation
10% Food Journal	2 Points – 40% participation
20% Physical Education	1 Point – 20% participation

*** PE attire is required (sneaker, sweats)**

Classroom Rules and Expectations

Classroom Rules	Expectations	Fitness Room Rules
-Be on time and ready to learn. -BE RESPECTFUL. -Participate in class discussion. -NO sleeping, bullying, or cussing. -DO NOT distract others from learning. -Adhere to the school's cell phone policy "NO PHONES". -Enjoy learning and make Healthy Choices.	✓ Prompt ✓ Prepared ✓ Positive ✓ Productive ✓ Polite	-Be on time and ready to learn. -BE RESPECTFUL -Change into sweats and sneakers. -Participate in warm-up and all activities. -Care for fitness room and equipment.

Out-Side Help:

If you need extra help I will be available before, during, and after school. However, I do coach in the spring semester; the best time for extra help would be between 7:00-7:45am before school starts.

Attendance:

You are expected to be in class and ready to learn by the bell. I will give you three warnings for tardiness. After that you are expected to stay for a teacher detention. Failure to stay for that detention will result in a referral to the office.

➤ If you are absent from class you must do the following...

- Check with me for missed work
- Ask someone in class for notes you might have missed
- Obtain materials that may have been handed out
- Make arrangements to make up quizzes or tests with me outside of class
- Hand in completed work the following day

* You will receive a 5 point deduction for every day late after your absence make-up date. After a week, you can receive a grade no higher than a 65. DO NOT ASK ME AT THE END OF THE SEMESTER FOR ALL MISSING WORK-I WILL NOT GIVE IT TO YOU.

Accommodations:

In order to create a welcoming and successful classroom climate...we recognize and celebrate individual differences. We will be open, authentic, and caring towards other

and their feeling. If you need course adaptations or accommodations for any reason please state so on your “getting to know you survey” at the beginning of the course.

Parent/Guardian Involvement:

Parents/Guardians will be able to access student’s grades from the parent portal. Parents/Guardians can also access google classroom to check assignments and due-dates. Students will be asked to bring home a parent/guardian letter explain the details and expectations of this course. A signed copy will be returned with parent/guardian name, phone number, and email address.

