

# Course Expectations Planning Guide

Life Skills

## 800 Food For Fitness I

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Please Note: All listed information is intended to provide a general guideline for students in planning their course load. All information provided will vary according to the individual study needs and academic motivation. Events and responsibilities may vary year-to-year.

### Weekly Time Commitment

*Calculated by surveying students to identify an approximate amount of time spent outside of the school day in order to be successful in this course*

0-1 hour

### Standard Responsibilities

*Successful students may have the following responsibilities in order to be successful in this course:*

**Food preparation (cooking) labs three (3) times per week; lessons and other activities on off days. Students prepare a variety of delicious recipes. Class assignments are completed during class -- no homework.**

### Significant Events

*Students may expect some significant events that may be a part of this class.*

Demonstrate kitchen safety and sanitation; demonstrate food preparation and basic cooking skills; summarize nutritious and delicious food choices; create meal plan for healthy living.