



**Pine Valley Middle School  
2009-2010 \* Living Skills 1**

Teacher: Lisa Krummes  
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Grades: [www.pvms.schoolloop.com](http://www.pvms.schoolloop.com)

**Course Goals**

Living Skills I is an introductory course to the study of foods and nutrition. Students will study the Basic Food Groups and their own nutritional needs, gain knowledge of simple cooking techniques, and develop a basic understanding of wise consumer choices.

**Course Objectives**

1. To gain knowledge of good nutrition, realizing the values of the basic food groups and their importance in planning nutritious snacks and daily meals.
2. To develop confidence in preparing simple recipes that are attractive, tasty, and nutritious.
3. To recognize the causes of home accidents in the kitchen and what can be done to avoid them.
4. To understand the proper use and care of basic kitchen equipment.
5. To recognize the value of good table manners.
6. To develop the ability to make wise consumer choices when selecting food items.

**Grading Policy**

Worksheets, homework, cookbook, and quizzes. 40%  
(Daily assignments along with important due dates should be recorded in your binder reminder)

Lab participation as an individual and in groups 60%

Grades will be available online at [www.pvms.schoolloop.com](http://www.pvms.schoolloop.com) and updated weekly.

## Extra Credit Points

Extra credit points will be given for recipes prepared at home and applied to the lab grades. Extra credit must be confirmed by a note from the parent stating what was made and that the student cleaned up afterwards. There is a limit of 20 extra credit points per quarter.

## Classroom Guidelines

1. Follow school rules outlined in the Pine Valley Handbook.
2. Students are expected to be in their seats and prepared for class when the bell rings.  
Tardy Policy: 1<sup>st</sup> Tardy: Warning  
2<sup>nd</sup> Tardy: Warning  
3<sup>rd</sup> Tardy: Litter pick-up and guardian notification  
4<sup>th</sup> Tardy: Referral to office
3. Be courteous and respectful to others. Respect all personal, public, and school property.
4. Behave in such a way that you do not disrupt the learning of others.
5. Follow safety rules and practices at all times. Report any injuries or accidents to the teacher immediately.
6. Remain in your seat until dismissed by the teacher.
7. A substitute teacher will be given all the respect and courtesies as the regular teacher. All rules remain in effect.
8. Failure to follow these guidelines may result in the loss of credit, detention, or other disciplinary action.

## Closing remarks

The objective of this class is to educate and interest the student in all aspects of food preparation. Success in reaching this objective is entirely dependant upon the student's efforts to work toward that objective. I am committed to provide instruction and learning activities. Students, please commit yourselves to listen to instructions, follow class rules, do your work, and try your hardest. Parents, please help your student live up to their commitment. Together we will have a great semester.

Thank you,  
Ms. Krummes

Please return the following page to Ms. Krummes A.S.A.P.

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Student and Parent/Guardian Acknowledgement

*We have read and understand the Pine Valley Middle School Living Skills 1 Course Description and Requirements.*

Student Signature \_\_\_\_\_

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

**Please check here if \$30 is enclosed.**

Phone number(s) where parent(s) or guardian(s) can be reached:

Name:		
Home phone #:		
Work phone #:		
Cell phone #:		
Email address:		

Any comments, questions, concerns, or other important information that you would like to communicate with me at this time (ie. known foods or specific ingredients that may cause an allergic reaction, metabolic or digestive condition in your child.):