

Name: _____ Date: _____ Class Hour: _____

Dear Parent/Guardian,

Your child is currently enrolled in Consumer Foods, a 7th class semester long class offered by our Family & Consumer Sciences Department. Throughout the semester students will explore, discuss, analyze, review various food related areas. A list of tentative topics that may be covered this semester:

- *Healthy Eating & Nutrition*
- *Understanding National Food Guidelines*
- *Basic Cooking Terminology & Cooking Equipment*
- *Kitchen Safety & Food Sanitation*
- *Recipe & Food Label Reading*
- *Proper Cooking Measurements & Recipe Math*
- *Dining & Restaurant Etiquette*
- *Basic Food Preparation*
- *Ethnic & Cultural Foods (Around the World)*
- *Food Related Careers & Food Industry*
- *Building Teamwork & Cooperation Skills*

All students are expected to come to class on time, bring materials, and be prepared to enhance their learning experiences. The first few weeks of class, we will spend time exploring healthy eating guidelines, discussing food safety & kitchen sanitation practices, reviewing basic cooking terminology, and understanding how to read recipes.

Due to the severity of food allergies within the Urbana Middle School population, each student will need to complete the following updated allergy section before participating in any food preparation experiences. Please complete the form and have student return to teacher by _____.

If you have any questions or concerns, please contact me by email at bprice@usd116.org or by phone 217-384-3685 ext., 1330.

Thank you,

Ms. Barbie Price
Family & Consumer Sciences Teacher / UMS
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bprice@usd116.org