

D203 Profile of A Learner

We are proud to present the Profile of a Learner, which outlines the key competencies and descriptors our community has identified as essential for our students: Adaptability, Communication, Critical Thinking, Learner's Mindset, Global Citizen.

Department Mission

In partnership with the community, Career and Technical Education (CTE) provides students with real-world experiences. Students will discover and explore their passions which will lead to career opportunities and the development of life skills.

Course Description

This lab-based course is designed to equip students with essential knowledge and skills in nutrition, wellness and food preparation for both everyday life and future careers. The course emphasizes practical application of nutrition principles, culinary techniques and healthy cooking practices to promote lifelong well-being. This weighted course is eligible for dual credit through College of DuPage.

Course Textbook & Resources

Cooking for Wellness Handbook
 Class Binder
 Hair Restraint/ Tie

Course Standards & Weights

Food Preparation & Safety (20%)
 Macronutrients & Micronutrients (40%)
 Nutrition & Health (20%)
 Reliability of Sources of Nutrition Information & Dietary Requirements (20%)

Units of Study:

Kitchen Safety
 Food Sanitation
 Lab Preparation Basics
 Knife Skills & Safety
 Carbohydrates
 Proteins
 Fats
 Vitamins
 Minerals
 Specialty Diets
 Origins of Food Choices, Preferences
 Healthful Cooking Methods
 MyPlate
 Food Labels
 Food Pricing & Budgeting

Grade Calculation Definitions

Students will be provided with multiple and varied opportunities to demonstrate mastery of learning standards. Although varied in content, all courses will include examples of practice and evidence of learning:

- **Evidence of Learning:** Tasks or assessments where feedback is provided to the student and considered evidence of a student's level of proficiency on a given standard or skill. This may include, but is not limited to formative tasks that provide insights on areas for growth as well as summative tests, projects and/or performances. In this course, specific examples include: Cooking Labs, Projects
- **Practice:** Tasks that are connected to course standards and learning targets that promote the

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development of skills and/or knowledge that will be assessed, but where feedback is not provided. This may include, but is not limited to daily readings, note taking, practice exercises and tasks essential to the learning process. In this course, specific examples include: Daily Participation and Notetaking

Grading Disbursement

Semester grades for all classes (prior to the final exam) will be calculated by a weighted average. As part of the calculation for the overall semester grade, final exams/projects will not exceed 15% of the semester grade.

A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = 59-0%

Semester Grade:

- Coursework = 90% (Evidence of Learning = 90%, Practice= 10%)
- Final Exam = 10% *Final Exam Format: Project with Presentation*

Grading Practices

Grades communicate each student's progress toward mastery of goals/standards for the course.

- Infinite Campus Symbols/Comments:
 - A score of "Missing" (M) will indicate an assessment has not been turned in and the comments section will include a specific date by which students can still submit. After that date, a zero (0) will be recorded.
 - Any score may also have a comment indicating the due date, turned in, late, reassessment eligibility including the timeline and/or reassessment final scores.
 - A zero indicates that no attempt was made by the student. If a legitimate attempt is made on an assessment and practice work has been completed in a consistent and timely manner (*completing 85% of practice listed in Infinite Campus.*), a score of 50% will be the lowest possible grade.
- Late Work:
 - Evidence of Learning work submitted after the original due date cannot be penalized more than a total of 10% and can be submitted for credit up to 5 days after the original due date.
 - Practice Work is not accepted for credit after the due date.
- Other:
 - No extra credit will be issued.

D203 AI Belief Statement

At Naperville North High School, we strive to build a learner's mindset in all students, developing qualities such as adaptability, communication, critical thinking, and global citizenship. Generative Artificial Intelligence (AI), offers new opportunities to engage with important technology relevant to the future that also raises significant educational considerations. AI tools provide unique ways to engage students in the learning process, hence we encourage our staff to guide students in using AI responsibly. Teachers have the authority to establish guidelines for AI use in their classrooms, setting clear expectations for how AI can be used on learning tasks. Concurrently, we recognize that reliance on AI risks replacing genuine student engagement and original thought, undermining the attributes we aim to cultivate. Striking a balance between leveraging AI tools effectively and maintaining educational standards is crucial to the learning experience of each student.

Academic Integrity Code

District 203 students are challenged to address the academic process enthusiastically, diligently, and most importantly, honestly. It is the responsibility of our students, teachers, and administration to uphold the fundamental academic values of honesty, responsibility, fairness, respect and trust. The integrity of our district's academic programs is built upon these principles.

Academic integrity violations include cheating, plagiarism, self-plagiarism or copy infringement, obtaining or providing an unfair advantage, using a writing service and/or AI in place of original work unless specifically

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authorized by staff, falsification of documents, unauthorized access to records, and inappropriate collaboration, whether intentional or unintentional. The classroom teacher and administration will collaborate and exercise professional judgment in determining academic integrity violations.

Technology Expectations

- **Cell phones:** Students will be expected to store their cell phones in a phone holder or designated classroom location throughout each class period as communicated by each teacher. Cell phones should not be seen or heard in the classroom setting. Appropriate use of cell phones is allowed during passing periods, during study halls, at lunch, before and after school. Please note that cell phone use is strictly prohibited in locker rooms and restrooms at all times.
- **Ear buds and headphones:** The use of ear buds and headphones is strictly prohibited in the classroom unless permission has been granted by the teacher. Ear buds and headphones should not be seen or heard in the classroom setting. For safety reasons, students should also be able to hear announcements, alerts, etc. at all times and, therefore, students are permitted to use one ear bud or headphone during passing periods, at lunch, before and after school.
- **District issued Chromebooks:** Students are required to use their District issued Chromebook and will not be permitted to use personal laptops or devices in the classroom setting. Student personal devices are not protected by district systems and put student safety and the safety of our network at risk. Additionally, student personal devices are not enabled with applications and programs necessary for administration of state and AP assessments.

Reassessment Policy

The purpose of reassessment is to allow students to demonstrate mastery of course standards in which they remain deficient. Higher reassessment grades will replace the original assessment score, but will not exceed 85%.

- Practice work is not eligible for reassessment.
- Evidence of Learning work may be eligible for reassessment. Refer to the chart below for eligibility:

☐ The assessment included multiple opportunities for feedback and improvement in the process for the final product OR formative assessments are aligned to standards, allow students to practice in the same assessment format, and gain feedback for improvement before the summative assessment.	☐ There was timely and consistent completion of practice work and formative assessments. ☐ A one-time performance on an assessment does not reflect the student's level of proficiency leading up to the assessment. ☐ Summative assessment score is below 85%.
Not eligible for reassessment	Eligible for reassessment if all three statements above are true.

Reassessment Parameters:

- The reassessment opportunity will require designated learning experiences that demonstrate readiness as assigned by the teacher.

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Student Communication

- Reassessments **MUST** be completed within 5 school days of the student receiving feedback unless otherwise determined by the instructor. The reassessment deadline should be communicated in an IC comment.
- The final reassessment score will be capped at 85%.
- You are encouraged to communicate with their teacher regarding questions.
- Teachers make every effort to respond to emails and phone calls within 24 hours during the workweek.
- The best way to communicate with teachers is through email; however, if you haven't received a response within 48 hours, please resend the email or call their voicemail. Your email may have been filtered.

Additional Resources for Support

- You can make an appointment with your teacher should you need additional instruction or support in learning material.
- You can attend peer tutoring in the Lit Center during lunch periods to receive extra support or to work on assignments.
- You can drop in to work with a peer tutor during lunch periods or before school in the Literacy Center.

Parents or Guardians Partnership

Naperville North believes in a collective partnership with parents/guardians which provides students the best opportunities for success.

Some ways parents/guardians can support their student's learning are:

- Actively check Infinite Campus for their student's grades.
 - Infinite Campus is a tool to progress monitor student work until the final course grade is posted.
 - Monthly progress grades are posted and represent the current grade of a student in the course at that moment in time.
- Discuss missing assignments, reiterate due dates, help organize folders, materials, assignment notebooks, and review upcoming projects and assessments.

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Dual Credit COD Syllabus

Curricular Area: CULINARY		Course Number: 1109	
Course Title: Culinary & Baking Nutrition			
Semester Credit Hours: 1	Clinical Hours: 0	Lecture Hours: 1	Lab Hours: 0

Naperville District 203 Mission Statement: To educate students to be: self-directed learners, collaborative workers, complex thinkers, quality producers, and community contributors.

Course Description: Introduction and application of basic nutrition concepts in menu planning. Emphasis is placed on the role of the culinary and baking professional in providing nutritious food.

Materials needed:

Textbook: **Nutrition Now** 9th edition, 2024 ISBN: 9780357852538 Judith E. Brown, Wadsworth Cengage Learning, Belmont, C

A writing utensil and Chromebook (\$ charger) are needed each day.

COURSE LEARNING & GRADING STANDARDS:

1. Identify a balanced diet
2. Analyze relationship between diet, nutritional status, and health
3. Apply knowledge of nutrition and food safety
4. Identify reliable sources of nutrition information

TOPICAL OUTLINE:

- Food Safety
 - Safety & Sanitation
 - Lab Preparation Basics
 - Knife Skills/Safety
- Nutrition and Health
 - Food Brings People Together
 - Origins of Food Choices & Preferences
 - The Importance of Food Choices
- Nutrition Sources - The Power of Food
 - Macronutrients
 - Micronutrients
- Dietary Requirements and Recommendations

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- Nutrition Standards & Tools
- Planning Healthful Menus
- Nutrition for Specific Health Needs

Week	Unit/Chapter	Assessment/Assignment
1-4	Food Safety ● Safety & Sanitation ● Lab Preparation Basics ● Knife Skills/Safety	Unit Assessment Lab Assessments
5-8	Nutrition Sources - The Power of Food ● Macronutrients ○ Carbohydrates, Fat, Protein ● Micronutrients ○ Vitamins, Minerals, Phytonutrients	Unit Assessment Lab Assessments
9-11	Nutrition and Health ● Specialty Topics ● Origins of Food Choices & Preferences ● The Importance of Food Choices ● Healthful Cooking Methods	Unit Assessment Lab Assessments
12-14	Reliable Sources of Nutrition Information ● MyPlate ● Food Labels ● Food Pricing/Budgeting	Unit Assessment Lab Assessments
15-17	Dietary Requirements and Recommendations ● Nutrition Standards & Tools ● Planning Healthful Menus & Communicating Nutrition Messages ● Nutrition Considerations ● Nutrition Trends ● Food Allergies & Nutritional Considerations	Recipe Modification Lab Assessments
18	Final Project	Final Project/Lab



Naperville North High School Cooking for Wellness Syllabus 2025/2026

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