



Food For Life

Ms. Kristina Satterlee

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School Year 2024-2025

Class Syllabus

Goals

Food For Life at Hampstead Hill Academy is designed to give students the skills, knowledge, and confidence they need to nourish their growing minds and bodies. Students will be introduced to age-appropriate cooking techniques, try new foods from across the world, and learn about the importance of nutrition and healthy eating.

Allergies

Safety is the number one priority in our teaching kitchen. I work closely with the nurse's office to keep up-to-date records on all student allergies and sensitivities, but it never hurts to be too careful! If you or your child has a food allergy, please reach out to me directly at ksatterlee@hha47.org or over DOJO.

Grading Policy

All students in grades 2-8 will receive a numerical grade in Food For Life. All students have the opportunity to receive 15 points per day. Students earn 5 points for classwork, 5 points for completing cooking tasks, and 5 points for professionalism. Professionalism is defined by the degree to which students adhere to the following promises:

- I will contribute to the common good.
Everybody cooks, everybody cleans.
- I will persevere.
Everybody tries every activity to the best of their ability.
- I will conduct myself with honor and integrity.
Everybody treats one another with respect and puts safety first.
- I will advocate for myself and others.
Everybody shares their thoughts and encourages others to share.

Missing Work

If a student is absent for 5 or more days of a cycle, it is important that they complete make-up work to avoid a failing grade in the class. Students will be notified at the end of a cycle if they are required to complete make-up work and will have until the end of the quarter to complete it.

