

# RMS Food Studies

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Welcome to Food Studies exploratory class at Rutland Middle School. My name is Chantal Luthin (last name rhymes with 'poutine') and this is my 8<sup>th</sup> year at Rutland Middle School.

Over the next 10 weeks students will be learning about kitchen safety, sanitation and gaining hands-on experience with food prep and cooking. We will be cooking in groups, allowing adequate time for proper cleaning and sanitizing.

The course outline and **copies of recipes** can be found at mrsluthin.weebly.com. If you have any questions or comments throughout the term, please do not hesitate to contact me. I look forward to working with your child this year!

Sincerely, *Mrs. Chantal Luthin*

**This signed form is due BEFORE the first cooking lab!**

## ***ALLERGIES/RESTRICTIONS***

Student Name: \_\_\_\_\_

Does student have food allergies (circle one):

YES                  NO

Does student have dietary restrictions (circle one):

YES                  NO

Please explain allergy/restriction (details help with grocery shopping for alternate ingredients):



When possible, accommodations will be made for students with allergies/dietary restrictions. *Accommodations may not always be possible;* students are still expected to participate **when safe to do so** but are never required to eat what we make.

### **I am aware of the requirements to successfully participate in this course:**

- ❖ I must listen and be respectful during class.
- ❖ I must dress appropriately for cooking (long hair tied back, no loose clothing, etc.).
- ❖ I must put my phone away during class time, unless given permission to use it.
- ❖ I will always practice proper safety and sanitation.
- ❖ I will never leave my kitchen dirty for the next class to clean up.



Student Full Name: \_\_\_\_\_ Block: \_\_\_\_\_

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