

# **Health Class 2020-21**

**Mrs. Ilana Wolfson**

**iwolfson@chavivahighschool.org**

## **Topics:**

- Nutrition 101
- Meal planning
- Tracking your snacks
- Diet analysis
- Diet culture
- Nutrient deficiencies
- Disease prevention through proper nutrition
- Eating disorders

## **Class Materials:**

- Section in binder for Health Class
- Pen, pencil
- calculator

## **Classroom Expectations:**

- Come on time
- Bring all class materials
- Growth mindset - willingness to try even if the material is difficult at first
- Kavod - shown to teacher and fellow students. This will be demonstrated through LISTENING while another person is speaking and not making hurtful remarks or comments about anyone else.

## **Homework Policy:**

- Assignments must be turned in on the due date.
- Late assignments will lose points daily until completely missed.

## **Grade Breakdown:**

Attendance	10%
Student Engagement	20%
Assignments and Projects	70%