



**Awaken Academy**  
**Partnering with Parents**

**COURSE SYLLABUS**  
**Future Foodies and Nutrition**  
Thursdays from 1:30 to 2:25 pm  
Bressi Ranch Campus, Fall 2020

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“So whether you eat or drink or whatever you do, do it all for the glory of God.”  
1Corinthians 10:31

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## **Course**

### **Details**

Each week we are going to dive into how we can better fuel our bodies, learning how to read past sometimes deceptive packaging and advertisements. This class also aims to introduce new foods and flavors, practicing how to describe what ingredients or textures makes it something that is enjoyable or not a preference. This class will open doors for exploring the amazing cultures and traditions that sustain many of the foods that we love. San Diego is a true melting pot, with a world of flavor right at our fingertips, this class hopes to bring that right to your plates.

## **Academy Mission and Vision Statements**

**Awaken Academy Mission:** The goal of Awaken Academy is to foster a lifelong love of learning and an appreciation for the arts in the context of church and culture, helping to equip the next generation of leaders to excel in the home, the church, and the marketplace.

**Awaken Academy Vision:** Awaken Academy endeavors to partner with Awaken homeschooling parents, creating community, enhancing skills, and building kingdom.

**Awaken Academy Statement of Purpose:** Awaken Academy connects parents, pastors, professors, and homeschool students around the central hub of the local church, providing collective oversight and connective opportunities for church-based homeschool programs. Additionally, Awaken Academy fosters connective threads between the local church and Christian institutions of higher education, strengthening the bonds of unity, creating a rich culture of educational and workplace influence, and preparing students for college, career, and family life.

## **About Your Teacher**

Faith Hillard has lived in San Diego her whole life, completing her studies at Santa Fe Christian Schools and Point Loma Nazarene University where she received her undergraduate in Biology, with a certification in French in 2019. She has been attending Awaken Church for the last 12

years, way back when there was one campus that met in the gym of The Boys and Girls Club. Since then, she has been active in the church, from helping out in the nursery, to working as a stage manager for My City Youth, and serving the pastors in the Green Room. One of Faith's favorite activities is to be outside exploring God's creation, and connecting with his people. Faith has always had a love for the ocean, from constantly replaying VHS of The Little Mermaid to spending afternoons at Scripps Birch Aquarium feeding and caring for many aquatic species. While working at the aquarium as well as in the education department for SeaWorld San Diego, Faith fell in love with teaching science to people of all ages and walks of life. She is excited to instill the same passion for science, animals, and respect for all living things that God has entrusted us to care and tend to.

## **Statement of Beliefs**

Awaken Academy is a biblically-based model of education, and all employees hired within the Academy share in a core culture of spiritual DNA that forms the basis of how we treat ourselves and one another. We believe:

1. There is one God: God the Father, God the Son, and God the Holy Spirit.
2. In the deity of our Lord Jesus Christ the Son of God; we believe in His virgin birth, in His sinless life, in His miracles, in His victorious and atoning death, in His bodily resurrection, in His ascension to the right hand of the Father, His constant intercession and in His imminent return.
3. In the baptism of the Holy Spirit as a gift available to believers subsequent to the new birth, with normal evidence of speaking in other tongues.
4. In the sacraments of the Lord's Supper and baptism by full immersion in water for all believers.
5. In the person and work of the Holy Spirit with His fruits and gifts available in the Church.
6. The Bible is the living word of God. It is infallible, authoritative and everlasting and is the foundation of all Christian doctrine.
7. In the existence of an evil spiritual being known as the devil.
8. In the great Commission given to us by Jesus Christ before His ascension, to go and make disciples of all nations, baptizing and teaching them. This requires both saving and transforming people from every culture, ethnicity and tongue!

9. In the resurrection of both the saved and the lost, the one to everlasting life and the other to everlasting separation from God.

10. In the church being the body of Christ, and each member being an active part of a local church, fulfilling the Great Commission.

11. Marriage was instituted by God, ratified by Jesus, and exists exclusively between a man and a woman. It is a picture of Christ and his church. Sexual intimacy is a gift from God for procreation and unity, and it is only appropriate within and designed for marriage.

## **Awaken Academy Student Code of Conduct**

1. Students are to follow the directions of Awaken Academy teachers and staff at Awaken-sponsored events, including but not limited to field trips and performances.

2. Students are to display appropriate conduct during class session. This includes courtesies such as refraining from unkind remarks, profanity, coarse jokes, or other language that demonstrates disrespect or a lack of charity.

3. Students are to demonstrate respect and kindness to all staff and program participants. Students are not to gossip, lie, bully, or engage in physical or verbal fights with one another. Appropriate and biblical conflict management tools will be modeled, taught, and expected at Awaken Academy.

4. Students are expected to complete any assigned course work at home, to be on time to class, to bring the necessary class supplies, and to be prepared for the lesson. Students will not be permitted to sit in the back of the classroom and disengage. All students participate.

5. Students are encouraged to make wholesome friendships. Students should look upon one another as brothers and sisters in Christ and refrain from demonstrating romantic affection, or giving the appearance of romantic affection, at Academy functions.

6. Students are expected to demonstrate appropriateness in dress that exemplifies respect for oneself and for other students. Staff and faculty reserve the right to address the behavior of students who demonstrate a lack of awareness of the underlying principles of modesty and self-respect.

7. Awaken Academy students are encouraged to break the generational norms of screen/entertainment addiction. Unless the student needs to contact a parent, cell phones should be put away while the students are in class, at lunch, and on break. Friendships often develop in the margin before and after class, so students are encouraged to be engaged in the present moment and learn the art of face-to-face conversation.

8. Students are to display courtesy by remaining seated until dismissed, by treating church property with respect, and by cleaning up after themselves. Students are to respect the church facilities by taking care of the classrooms, not marking on the walls or tables, not pulling on wall displays, and by demonstrating care and respect for the buildings with which we have been blessed.

9. Students must be under the direct supervision of their parent or an Awaken Academy teacher at all times, including breaks, and it is the student's responsibility to be in an area that is appropriately supervised. Students will be signed in and out of class and the campus each day. Students must remain on site during lunchtime/breaks unless signed out by an approved family member.

10. Awaken Academy students are expected to refrain from immoral and illegal conduct. All weapons, illegal drugs, alcohol, and tobacco products are strictly prohibited from the facilities. Stealing, lying, bullying, cutting, fighting, or other acts of aggression toward oneself or others will be grounds for immediate dismissal from the program.

## **Awaken Academy**

### **Crazy Experiments:**

<b>Class/Week</b>	<b>In Class Activities</b>
Week 1	Course Introduction / Apple Variety Taste Test and favorite meal craft
Week 2	How to read food packaging/ making a sweet treat

Week 3	World Tour: different ways to enjoy fruit from Mexico, to Great Britain
Week 4	World Tour: Taste test or smell test of spices from India and ingredients for traditional dishes
Week 5	In class meal prep
Week 6	World Tour: Breakfast from around the world North America vs South America
Week 7	Understanding kitchen tools and their purpose
Week 8	Unusual Flavor Combinations That Work
Week 9	In class meal prep
Week 10	Practicing following recipes
Week 11	In class meal prep with one traditional Thanksgiving dish
Week 12	Peppermint vs Spearmint, history of the candy cane and other holiday treats
Week 13	Ginger Bread making
Week 14	Prep for Semester Showcase

