



COURSE SYLLABUS
Future Foodies /
Nutrition

Thursdays from 1:30 to 2:25 pm
Bressi Campus, Fall 2020

“Taste and see that the LORD is good. Oh, the joys of those who take refuge in him!”
- Psalm 34:8

Teacher	Mitchell Chingay
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Course Details	What does it mean to be healthy? Health and nutrition are relatively vast topics, but we will narrow them down and focus on craving. Did you know that God made us to crave? Recognizing those cravings and how they impact our health will be a key focus over the course. Together we will learn what God’s word says about food, and have fun celebrating all the tastes He has blessed us with! Students will enjoy the hands-on atmosphere of Future Foodies. They will be encouraged to stretch themselves with trying new flavors and new food preparation skills.
Materials	Students will have a \$20 materials fee. Should we need further supplies, I will send an email to parents. ***If your child has food allergies, please notify me so we can accommodate their needs. We will not make changes to our class menu based on <i>preferences</i> , only allergies.

Course Objectives This class will increase the student's knowledge of basic cooking skills and kitchen safety. We want them to see food as a gift from God, to find joy in preparing it and celebration in eating it! Each week we will also introduce the children to facts on nutrition. It is important for the students to walk away from the semester understanding that God created us to crave, and that craving impacts our overall health.

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

Mr. Chingay and his wife have been happily married for now 6 years and have a daughter Micaiah Ruth of almost 2 years old. The Chingay family have been a part of Awaken Church for now a little over 3 years. Mr. Chingay previously served in the United States Marine Corps where he got out as a Sergeant and trained many marines in leadership development as well as proficiency in mechanical equipment repairs. Mr. Chingay has then after the Marine Corps built an ecommerce business that allows him the ability to pursue more of the things God has called him to do. In Mr. Chingay off time he enjoys trying out new restaurants with his wife Jessica and spending time with family.

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

Future Foodies / Nutrition

Class/Week	Chapter Readings and Homework
Week 1	Course Introduction / Class Rules Poster / Knife Safety
Week 2	Craving / Heat Safety
Week 3	Basic Nutrients / Can opener and vegetable peeler
Week 4	Nutrient Classification / Hand mixer and stand mixer
Week 5	Nutrients in Our Bodies/ Food Processor and Juicer
Week 6	Feast of Tabernacles / Hosting a Celebration
Week 7	What's a 'food label'? / Cookie cutters
Week 8	Compare Food Labels/ Steaming Rice
Week 9	Proteins / Marinades
Week 10	Carbohydrates & Craving/ Frosting technique
Week 11	Fats & Food Additives / Melt chocolate in microwave
Week 12	Thanksgiving / Showing gratitude with food
Week 13	Cook Book Submissions and Art Work
Week 14	Class Presentations
Week 15	Prep for Semester Showcase

