

“FOR GRADE” MindTap Assignment Due Dates

(all other assignments in MindTap may be completed at your leisure for practice, but will not count towards your grade)

UNIT 1: DUE Friday, February 5th 2021 5:00 PM

Chpt 1-3

Chapt 1

Debunk the Junk Quiz: Sort Fact from Fiction (Video and Claim Method Quiz) (10 points)

A Closer Look: The Food Environment and Food Choices (15 points)

Chapter 1 Post Test (10 points)

Chpt 2:

Video Quiz- Reading a Food Label (5 points)

Chapter 2 Post Test (10 points)

Chpt 3:

A Closer Look Physiology of Human Digestion and Absorption (20 points)

Case Study: Too Much of a Good Thing (5 points)

Chapter 3 Post Test (10 points)

UNIT 2: DUE Friday, February 26th 2021 5:00 PM

Chpt 4-6

Chpt 4:

Debunk the Junk: Vilification of Carbohydrates (Article, Video and Quiz “The Potato Hack”) (10 points)

Chapter 4 Post Test (10 points)

Chpt 5:

Case Study: The Importance of Fat in Our Diets (10 points)

Chapter 5 Post Test (10 points)

Chpt 6:

Debunk the Junk: Amino Acid Supplements: Friend or Foe

Protein Supplements Video and Quiz (5 points)

Protein Needs (Quiz) (5 points)

Case Study: Making Meatless Work (10 points)

Chapter 6 Post-Test (10 points)

UNIT 3: DUE Friday, March 26th 2021 5:00 PM
Chpt 7-9

Chpt 7:

A Closer Look: Vitamin Deficiency Disease and Vitamin D (15 points)
Chapter 7 Post-Test (10 points)

Chpt 8:

Debunk the Junk: Avoiding the Costly Pitfalls of Supplementation
Supplements Quiz (5 points)
Minerals Quiz (5 points)
A Closer Look: The Role of Water in Health (10 points)
Chapter 8 Post-Test (10 points)

Chpt 9:

Debunk the Junk: Today's Popular Diets
Popular Diets Quiz (5 points)
What Makes a Fad Diet Quiz (5 points)
Chapter 9 Post-Test (10 points)

UNIT 4: DUE Friday, April 16th 2021 5:00 PM
Chpt 10-12

Chpt 10:

Chapter 10 Post-Test (10 points)

Chpt 11:

Video Quiz: Antioxidants (5 points)
Chapter 11 Post-Test (10 points)

Chpt 12:

A Closer Look: The Impact of Foodborne Illness (10 points)
Chapter 12 Post-Test (10 points)

UNIT 5: THURSDAY, May 6th 2021 5:00 PM
Chpt 13-15

Chpt 13:

Chapter 13 Post-Test (10 points)
Debunk the Junk: The Reality of Eating for Two
How Much Weight to Gain Quiz (5 points)
Healthy Weight Gain Quiz (5 points)

Chpt 14:

Video Quiz: Nutrition and the Aging Population (5 points)

Chapter 14 Post-Test (10 points)

Chpt 15:

Debunk the Junk: Food Waste and Insecurity in the U.S.

Food Insecurity in America Quiz (5 points)

Technology and Food Waste Quiz (5 points)

Chapter 15 Post-Test (10 points)