<table>
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<th>Dates</th>
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| **WEEK 1** | **Overview of the course**  
Overview Syllabus  
Why Nutrition Matters?  
Nutrition Scientific Information  
Dietary Guidelines 2015  
Nutrient Dense foods  
Food Labels  
Body Basics and Digestive System  
**Carbohydrates**: Structure, use, digestion and absorption | **Blackboard**  
Readiness & Syllabus Quiz (Ticket to course – you must complete to get access to modules.  
Discussion Board: Introductions (20) & Dietary Guidelines 2015 (50)  
Week 1 - Dietary Guidelines 2015 – Review on Blackboard Module  
Exam 1: Chapters 1, 2, 3 & 4 – Available June 13th & 14th  
**Readings**  
Ch. 1 – Food choices and Human Health &  
Ch. 2 – Nutrition Tools: Standards and Guidelines  
Ch. 3 – The Remarkable Body &  
Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber  
**Mind Tap Activities**  
- Diet & Wellness (D&W) Create your profile  
- D&W: Track your diet (1)  
- D&W: Skill Building: Calories (10) & Dietary Reference Intake (RDIs) (10)  
- D&W – Skill Building: Carbohydrates (10), Fiber (10)  
- Video Quiz: The scientific method (10) & Reading a food Label (3)  
- Video quiz: Circulation (3) & Blood and Glucose Regulation (3)  
- A Closer Look: Differences Among the Nutrition Standards and Guidelines and when to Use Them (22) & Physiology of Human Digestion and Absorption (  
  - Chapter 1, 2, 3 & 4: Nutrition Basic Quiz  
  - Debunk the Junk Quiz: Food Labels  
  - Global nutrition watch activities  
  - Case Study: Too much of a good thing (8) & The Glucose Rollercoaster (8) |
| June 8 -14 | **Lipids**: Classification, storage, use, digestion and absorption  
**Proteins**: Structure, Digestion and absorption. Protein type, needs, deficiency and excess  
**Vitamins**: Definition and classification. Fat soluble and water soluble  
Vitamin Supplements  
**Water and Minerals** – Major and Trace minerals |                                                                                                 |
| **WEEK 2** | **Exam 2: Chapter 5, 6, 7 & 8 – Available June 19 – 21 Reading**  
Ch. 5 – Lipids: Fats, phospholipids and sterols  
Ch. 6 – Proteins and Amino acids  
Ch. 7 – The Vitamins  
Ch. 8 – Water and Minerals  
**Mind Tap Activities**  
- D&W: Track your diet (2)  
- D&W – Skill Building: Saturated fats (10) & Protein (10)  
- D&W – Skill Building: Vitamin C & DASH Diet  
- D&W: Track your diet (3)  
- Video quiz: Lipoproteins (3) & Protein Synthesis (3)  
- Video Quiz: Vitamin A & Iron  
- Chapter 5, 6, 7 & 8 Nutrition Basic Quiz  
- Case Study: The importance of Fat in our diet (8) & Making Meatless Work  
- Global nutrition watch activities  
- Case Study: Betting on Vitamins (8) & Watching the Salt (8) |
**WEEK 3**  
**June 22 – 28**

Body energy balance and requirements. EER Calculation  
Fitness benefits. The active body. Vitamins, Minerals and Fluids for performance and physical activity  
Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer  
Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition  
Early and middle childhood. Nutrition, adolescence, and later years.

**Blackboard**

**Dietary Analysis** (DA) Due on BB – Sunday June 28th at midnight on blackboard. Dietary analysis MUST be submitted on Blackboard; assignments submitted via email will not be accepted.  
**Exam 3**: Chapters 9, 10, 11, 13 & 14 – Available June 27th & 28th  
**Reading**

Ch. 9 – Energy balance and Healthy Body Weight  
Ch. 10 – Performance Nutrition  
Ch. 11 – Nutrition and Chronic Diseases  
Ch. 13 – Lifecycle Nutrition: Mother and Infant  
Ch. 14 – Child, Teen, and Older adult  

**Mind Tap Activities**

- D&W Skill Building: Bariatric Surgery (10) & Physical Activity (10)  
- D&W: Track your diet (4)  
- D&W Skill Building: Diabetes exchanges(10) & Women, Infants and Children (10)  
- Video Quiz: Estimating Energy Needs Based using the EER Equation (3) & ATP Overview (3)  
- Video Quiz: Antioxidants (3) & The Placenta (3)  
- Video Quiz: Nutrition and the Aging Population (3)  
- A closer look: Health consequences of excess body fat (22)  
- A closer look: The Role of Nutrition in Disease, specifically Heart Disease (22)  
- Chapter 9, 10, 11, 13 & 14 Nutrition Basic Quiz  
- Global Nutrition Watch Activities  
- Case Study: Passing on Nutrition wisdom (8)

**WEEK 4**  
**June 29 – July 5**  
**July 4th**  
**University Closed**

U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help?  
Food Safety & Technology  
Mindful eating and Optimum Nutrition

**Blackboard**

Reading on Mindful eating and optimum nutrition  
**Exam 4**: Chapters 12, 14 & 15 Available July 3rd & 4th  
**Reading**

Ch. 12 – Food Safety & Food Technology  
Ch. 15 – Hunger and the future of food

**Mind Tap Activities**

- D&W Skill Building: World Hunger (10)  
- Video Quiz: Comparing Selective Breeding and rDNA Technology (3)  
- Case Study: Food Safety (8)  
- Chapter 12 & 15: Nutrition Basic Quiz  
- Global nutrition watch activities

**Final Exams**  
**July 6th – Final exam on Blackboard**

*Note: The course syllabus is a general tentative plan for the course. The instructor will announce any changes to the class in advance.*
The University of Texas at El Paso – Academic Calendar Summer 2020 (Important Dates)

March 30th  Summer Registration Begins
May 28th   Last Day to Clear Students on Suspension/Probation as well as those with Insufficient Prerequisites
May 29th   Drops for Students with Unsatisfactory Academic Standing, Insufficient Prerequisites, and Prior Grades of C in the Course
June 1st    Financial Aid is Disbursed
June 8th   Summer I & Full Term Classes Begin
June 10th  Summer I Census Day
            Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
June 15th  Summer Full Term Census Day
            Note: This is the last day to register for classes. If payment is not received by this day, students will be dropped.
June 26th  Summer I Drop/Withdrawal Deadline
            Note: Student-initiated drops are permitted after this date, but the student is not guaranteed a grade of W. The faculty member of record will issue a grade of either W or F.
July 4th    Independence Day Holiday – University Closed
July 2nd   Summer I – Last day of classes
July 6th   Summer I Final Exams; Full Term classes do not meet