

TENTATIVE COURSE SCHEDULE*

FALL 2016

Dates	Topics	Homework Assignments
UNIT 1		
WEEK 1 <u>August 22 – 28</u>	Overview of the course Review Syllabus Introduction	Documentary: The Kids Menu. Available on NETFLIX Summary on Blackboard- DUE August 30 on BB No class meeting Tuesday 23 & Thursday 25
WEEK 2 <u>August 29 –</u> <u>September 4</u>	Unit 1 Science and Scope of Nutrition Healthy Diet	Reading Ch. 1 & 2 Learning Curve on LaunchPad
September 5- Labor day (University Closed)		
WEEK 3 <u>September 5 – 11</u>	Unit 1 Dietary Guidelines Digestion	Reading Ch. 3 Learning Curve on LaunchPad http://health.gov/dietaryguidelines/2015/guidelines/
UNIT 2		
WEEK 4 <u>September 12 – 18</u>	Unit 2 Carbohydrates Nutrition & Diabetes	Reading Ch. 4 & 5 Carbohydrates Dietary Analysis assignment Learning Curve on LaunchPad SUMMATIVE QUIZ 1- Chapter 1-3. September 13th - No Class: QUIZ on LaunchPad
WEEK 5 <u>September 19 – 25</u>	Unit2 Lipids Lipids in Health and Disease	Reading Ch. 6 & 7 Lipids Dietary Analysis assignment Learning Curve on LaunchPad
WEEK 6 <u>September 26-</u> <u>October 2</u>	Unit2 Proteins Plant-based diets	Reading Ch. 8 & 9 Protein Dietary Analysis assignment Learning Curve on LaunchPad
UNIT 3		
WEEK 7 <u>October 3 – 9</u>	Unit 3 Vitamins Fat and Water soluble	Reading Ch. 10 & 11 Learning Curve on LaunchPad SUMMATIVE QUIZ 2- Chapter 4-9. October 4th - No Class: QUIZ on LaunchPad
WEEK 8 <u>October 10 – 16</u>	Unit 3 Dietary Supplements Major Minerals & water	Reading Ch. 12 & 13 Learning Curve on LaunchPad Vitamins Dietary Analysis assignment
WEEK 9 <u>October 17 – 23</u>	Unit 3 Trace minerals	Reading Ch. 14 Learning Curve on LaunchPad Minerals Dietary Analysis assignment
UNIT 4		
WEEK 10 <u>October 24 – 30</u>	Unit 4 Energy Balance Obesity regulation	Reading Ch. 15 & 16 Learning Curve on LaunchPad SUMMATIVE QUIZ 3- Chapter 10-14. October 25th - No Class: QUIZ on LaunchPad
WEEK 11 <u>October 31</u> <u>November 6</u>	Unit 4 Nutrition and Fitness	Reading Ch. 15 & 16 Learning Curve on LaunchPad Watch documentary: Fed Up. Available on NETFLIX Summary on Blackboard- DUE November 28
UNIT 5		
WEEK 12 <u>November 7 – 13</u>	Unit 5 Nutrition for Pregnancy, Breastfeeding and Infancy	Reading Ch. 17 Learning Curve on LaunchPad
WEEK 13 <u>November 14 – 20</u>	Unit 5 Childhood Nutrition & College Years	Reading Ch. 18 & 19 Learning Curve on LaunchPad

WEEK 14 <u>November 21 – 27</u>	Unit 5 Nutrition and the Aging Adult	Reading Ch. 21 Learning Curve on LaunchPad SUMMATIVE QUIZ 4 – Chapter 15 – 19 & 21. November 22nd – No Class: Quiz on LaunchPad
November 24 – 25 Thanksgiving Holiday (University Closed)		
WEEK 15 <u>November 28 – December 1</u>	Unit 5 Food Safety and Food Security	Reading Ch. 20 Learning Curve on LaunchPad
Final Exam	Tuesday December 6th Final Exam on LaunchPad – Comprehensive: Includes all chapters reviewed during the semester	
Commencement December 10th		

* Note: The course syllabus is a general tentative plan for the course. Any changes will be announced to the class in advance by the instructor.