## TENTATIVE ONLINE COURSE SCHEDULE*

<table>
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<th>Dates</th>
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<th>Homework and Class Assignments</th>
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| **WEEK 1** | Overview of the course  
Review Syllabus  
Why Nutrition Matters?  
Nutrition Scientific Information  
Dietary Guidelines 2015  
Nutrient Dense Foods  
Body basics and Digestive System | Introductions DUE on Bb  
Reading Ch. 1 Food choices and Human Health  
Super Tracker - Create your profile  
Reading Ch. 2 – Standards and Guidelines  
Dietary Guidelines for Americans 2015 - Identify goals and key recommendations  
Reading Ch. 3 – Remarkable Body |
| **WEEK 2** | Carbohydrates: Structure, use, digestion and absorption  
Lipids: Classification, storage, use, digestion and absorption  
Proteins: Structure, Digestion and absorption. Protein type, needs, deficiency and excess | Reading Ch. 4 – Carbohydrates: Sugar, Starch, Glycogen and Fiber  
**Track your diet on Super Tracker – One Weekday**  
Reading Ch. 5 – Lipids: Fats, phospholipids and sterols  
Reading Ch. 6 – Proteins and Amino acids  
**Case Study – Carbohydrates**  
Exam 1 |
| **WEEK 3** | Vitamins: Definition and classification. Fat soluble and water soluble  
Vitamin Supplements Water and Minerals – Major and Trace minerals | Reading Ch. 7 – The Vitamins  
Reading Ch. 8 – Water and Minerals  
**Track your diet on Super Tracker – One Weekday**  
**Case Study Proteins** |
| **WEEK 4** | Energy Balance & body weight.  
Body fat vs. body weight  
Body energy balance and requirements. EER Calculation Fitness benefits. The active body.  
Vitamins, Minerals and Fluids for performance and physical activity | Reading Ch. 9 – Energy balance and Healthy Body Weight  
Watch documentary: Fed Up - Discussion board and summery DUE on Blackboard  
Reading Ch. 10 – Performance Nutrition  
**Case Study – Lipids**  
Exam 2 |
| **WEEK 5** | Nutrition and disease: the immune system, risk factors and CVD disease, hypertension and cancer  
Mindful eating and Optimum Nutrition | Reading Ch. 11 – Diet and Health  
Reading on Mindful eating on Blackboard  
**Track your diet on Super Tracker – One Weekend day**  
**Case Study – Fiber** |
| **WEEK 6** | Impact of nutrition on the future: Pregnancy, lactation and infant Nutrition Early and middle childhood. Nutrition and adolescence and later years. | Reading Ch. 13 – Lifecycle Nutrition  
Reading Ch. 14 – Child, Teen, and Older adult  
**Discussion Board: Fed up DUE on Blackboard**  
**Case study – Vitamins & Minerals**  
Exam 3 |
| **WEEK 7** | U.S. Food Insecurity and world poverty and hunger. Food supply and the environment. How can we help? | Reading Ch. 12 – Food Safety and Food technology  
Reading Ch. 15 – Hunger and the future of food  
**Dietary Analysis DUE on Blackboard** |
| **Final Exam** | | |  
**Grades Available** |

* 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.