

**TENTATIVE ONLINE COURSE SCHEDULE\***

Dates	Topics	Homework and Class Assignments
<b>WEEK 1</b>	<b>Overview of the course</b> Review Syllabus Why Nutrition Matters? Nutrition Scientific Information Dietary Guidelines 2015 Nutrient Dense Foods Body basics and Digestive System	Introductions <b>DUE</b> 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
<b>WEEK 2</b>	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 <b>Track your diet on Super Tracker – One Weekday</b> Reading Ch. 5 – Lipids: Fats, phospholipids and sterols Reading Ch. 6 – Proteins and Amino acids <b>Case Study – Carbohydrates</b> <b>Exam 1</b>
<b>WEEK 3</b>	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 <b>Track your diet on Super Tracker – One Weekday</b> <b>Case Study Proteins</b>
<b>WEEK 4</b>	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 <b>Case Study – Lipids</b> <b>Exam 2</b>
<b>WEEK 5</b>	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 <b>Track your diet on Super Tracker – One Weekend day</b> <b>Case Study – Fiber</b>
<b>WEEK 6</b>	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 <b>Discussion Board: Fed up DUE</b> on Blackboard <b>Case study – Vitamins &amp; Minerals</b> <b>Exam 3</b>
<b>WEEK 7</b>	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 <b>Dietary Analysis DUE on Blackboard</b>
<b>Final Exam</b>		
<b>Grades Available</b>		

\* 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.