<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
<th>Homework and Class Assignments</th>
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<tbody>
<tr>
<td>WEEK 1</td>
<td>Overview of the Course</td>
<td>Introductions DUE on Bb</td>
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<tr>
<td></td>
<td>Review Syllabus</td>
<td><strong>Readings:</strong> Chapter 1</td>
</tr>
<tr>
<td></td>
<td>Understanding Online Courses: Readiness for online class taking</td>
<td>Web Conferencing</td>
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<tr>
<td></td>
<td>Basic Nutrition: Principles of Nutrition Sciences</td>
<td>Syllabus and Readiness Quiz</td>
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<td></td>
<td>Labeling and Nutrition Assessment</td>
<td>Basic Nutrition</td>
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<td><strong>Homework and Class Assignments</strong></td>
<td>Discussion board 1: Dietary Guidelines</td>
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<tr>
<td>WEEK 2</td>
<td><strong>Preconception</strong> Nutrition: Conditions and interventions during preconceptual period</td>
<td><strong>Readings:</strong> Chapter 2 &amp; 3</td>
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<td></td>
<td>Reproductive physiology, nutrition and fertility</td>
<td>Crossword puzzle: Chapter 3 – Due Wednesday at midnight</td>
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<tr>
<td></td>
<td>Folate and iron importance. Weight Status and fertility</td>
<td>Case Study 1 – Due Friday at midnight</td>
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<td><strong>Homework and Class Assignments</strong></td>
<td>Quiz 1 – Due Sunday at midnight</td>
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<td><strong>Homework and Class Assignments</strong></td>
<td>Discussion board 2: Nutrient Status and fertility*</td>
</tr>
<tr>
<td>WEEK 3</td>
<td><strong>Nutrition During Pregnancy and lactation</strong> and Conditions and Interventions during these lifecycle stages</td>
<td><strong>Readings:</strong> Chapter 4, 5, 6 &amp; 7</td>
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<td></td>
<td>Obesity and pregnancy; Twin pregnancies; Adolescent pregnancy</td>
<td>Crossword puzzle: Chapter 5 &amp; 7 - Due Wednesday at midnight</td>
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<td>Maternal diet during pregnancy and lactation; Breastfeeding and milk composition</td>
<td>Case Study 2 – Due Friday*</td>
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<td><strong>Homework and Class Assignments</strong></td>
<td>Quiz 2 – Due Sunday*</td>
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<td><strong>Homework and Class Assignments</strong></td>
<td>Discussion board 3: Breastfeeding barriers and strategies*</td>
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<td>WEEK 4</td>
<td><strong>Infant, Toddler and preschoo</strong> nutrition and Common Nutritional issues and concerns in these lifecycle stages</td>
<td><strong>Readings:</strong> Chapters 8, 9, 10 &amp; 11</td>
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<td></td>
<td>Growth assessment and Nutrition Guidelines</td>
<td>Crossword puzzle: Chapter 9 &amp; 11 - Due Wednesday at midnight</td>
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<td><strong>Midterm Exam – Available on BB November 16 – 17</strong></td>
<td>Case Study 3 – Due Friday *</td>
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<td><strong>Homework and Class Assignments</strong></td>
<td>Quiz 3 – Due Sunday*</td>
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<td>Discuss<strong>board 4: Baby Led Weaning</strong></td>
<td><strong>Discussion board 6: Overweight and obesity</strong></td>
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<td>WEEK 5</td>
<td><strong>Child, preadolescent</strong> nutrition and <strong>adolescent</strong> Nutrition</td>
<td><strong>Readings:</strong> Chapters 12, 13, 14 &amp; 15</td>
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<td>Health and nutrition behaviors during adolescence:</td>
<td>Crossword puzzle: Chapter 13 &amp; 15 - Due Wednesday at midnight</td>
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<td>Promotion of healthy eating behaviors; disordered eating and eating disorders</td>
<td>Case Study 4 – Due Friday*</td>
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<td>Overweight and obesity; Supplement use</td>
<td>Quiz 4 – Due Sunday*</td>
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<td>Special dietary concerns among adolescents</td>
<td><strong>Discussion board 5: Eating Disorders</strong></td>
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<tr>
<td>WEEK 6</td>
<td><strong>Adult and older adults</strong> nutrition: Common conditions and interventions during these lifecycle stages</td>
<td><strong>Readings:</strong> Chapter: 16, 17, 18 &amp; 19</td>
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<td>Tracking adult nutritional health; Energy, dietary and physical activity recommendations for adults</td>
<td>Crossword puzzle: Chapter 17 &amp; 19 - Due Wednesday at midnight</td>
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<td>Aging and physiological changes and Importance of Nutrition and aging.</td>
<td>Case Study 5 – Due Friday*</td>
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<tr>
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<td>Overweight and obesity; Metabolic syndrome and Cardiovascular disease</td>
<td>Quiz 5 – Due Sunday*</td>
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<tr>
<td></td>
<td><strong>Homework and Class Assignments</strong></td>
<td>Discussion board 6: Overweight and obesity**</td>
</tr>
<tr>
<td>WEEK 7</td>
<td>Summary of the course</td>
<td>Final projects DUE on BB December 6, 2017 by Midnight</td>
</tr>
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<td>Mindful eating and optimum Nutrition</td>
<td><strong>Final Exam December 7, 2017</strong></td>
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Note: The course calendar is a general tentative plan for the course. Any changes will be announced to the class in advance by the instructor.
* Due dates:

**Crossword** puzzles are due each Wednesday at midnight and assignments will remain available for late submission with 1 points being deducted for each day it is late until it closes 9 days after the due date.

**Case Studies** are due each Friday at midnight and will remain available for late submission with 10 points being deducted for each day these are late until it closes 4 days after the due date.

**Quizzes** are due each Sunday and they will not remain open for late submissions

**Discussion boards** are due the following Monday and boards will remain available for late submission with 1 point being deducted for each day it is late until it closes 9 days after the due date.