

NUTRITION 219- SEMESTER SCHEDULE FALL 2017 – Thursday 8:45-11:50 AM

Aug 31	Class Introduction
Sept 7	Chapter 1- Overview of Nutrition Chapter 2- Planning a Healthy Diet
Sept 14	Chapter 3- Digestion and Absorption Chapter 4- Carbohydrates
Sept 21	Chapter 4- Carbohydrates cont. Chapter 6- Protein
Sept 28	EXAM 1- CHAPTERS 1-4 Chapter 5- Lipids
Oct 6	Chapter 5- Lipids continued Chapter 7- Metabolism
Oct 12	Chapter 8- Energy Balance and Body Composition Chapter 9 – Weight Management
Oct 19	EXAM 2- CHAPTERS 5-8 Nutrition Assessment Project handed out Chapter 9 – Weight Management- continued
Oct 26	Chapter 10- Water-Soluble Vitamins Chapter 11- Fat-Soluble Vitamins
Nov 2	Nutrition Assessment Project Due Chapter 12- Water and the Major Minerals Chapter 13- Trace Minerals
Nov 9	Exam 3- CHAPTERS 9-12 Chapter 14- Physical Activity
Nov 16	Chapter 15- Pregnancy and Lactation Chapter 16- Infancy, Childhood, Adolescence Chapter 17- Adulthood
Nov 23	Thanksgiving –NO CLASS
Nov 30	EXAM 4- CHAPTERS 13-16 Chapter 18- Diet and Health
Dec 7	Chapter 19- Consumer Concerns Chapter 20- Hunger Review for final
Dec 14	FINAL – CHAPTERS 1-20 At the same time as your class period in the same classroom Part 1-Chapter 17-20 Part 2-Chapters 1-16 review (see study guide online)

This schedule is tentative and may be changed as necessary