

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

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

**This schedule is tentative and may be changed as necessary**