

NUTRITION 219- SEMESTER SCHEDULE FALL 2018
Thursday 8:45-11:50 AM and 1:30-4:35 PM

Aug 30	Chapter 1- Overview of Nutrition
Sept 6	Chapter 2- Planning a Healthy Diet Chapter 3- Digestion and Absorption
Sept 13	Chapter 3- Digestion and Absorption- continued Chapter 4- Carbohydrates
Sept 20	EXAM 1- CHAPTERS 1-4 Chapter 6- Protein
Sept 27	Chapter 5- Lipids
Oct 4	Chapter 7- Metabolism Chapter 8- Energy Balance and Body Composition
Oct 11	EXAM 2- CHAPTERS 5-8 Nutrition Assessment Project handed out Chapter 9 – Weight Management
Oct 18	Chapter 9 – Weight Management- continued Chapter 10- Water-Soluble Vitamins
Oct 25	Nutrition Assessment Project Due Chapter 11- Fat-Soluble Vitamins Chapter 12- Water and the Major Minerals
Nov 1	Exam 3- CHAPTERS 9-12 Chapter 13- Trace Minerals
Nov 8	Chapter 14- Physical Activity Chapter 15- Pregnancy and Lactation
Nov 15	Chapter 16- Infancy, Childhood, Adolescence Chapter 17- Adulthood
Nov 22	Thanksgiving –NO CLASS
Nov 29	EXAM 4- CHAPTERS 13-16 Chapter 18- Diet and Health
Dec 6	Chapter 19- Consumer Concerns Chapter 20- Hunger Review for final
Dec 13	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