

**Introduction to Nutrition Science- SPRING 2018**  
**Section 7040 Friday 8:45 – 11:50 AM Muir 163**

Jan 12	Chapter 1- Overview of Nutrition
Jan 19	Chapter 2- Planning a Healthy Diet Chapter 3- Digestion and Absorption
Jan 26	Chapter 3- Digestion and Absorption Chapter 4- Carbohydrates
Feb 2	<b>EXAM 1- CHAPTERS 1-4</b> Chapter 6-Protein
Feb 9	Chapter 5- Lipids Chapter 7- Metabolism
Feb 16	<b>NO CLASS-Presidents Day</b>
Feb 23	Chapter 8- Energy Balance and Body Composition Chapter 9 – Weight Management
March 2	<b>EXAM 2- CHAPTERS 5-8</b> <b>Nutrition Assessment Project Passed Out</b> Chapter 9 – Weight Management
March 9	Chapter 10- Water-Soluble Vitamins Chapter 11- Fat-Soluble Vitamins
March 16	<b>Nutrition Assessment Project Due</b> Chapter 12- Water and the Major Minerals Chapter 13- Trace Minerals
March 23	<b>EXAM 3- CHAPTERS 9-12</b> Chapter 14- Physical Activity
March 30	Chapter 15- Pregnancy and Lactation Chapter 16- Infancy, Childhood, Adolescence
April 6	<b>EXAM 4- CHAPTERS 13-16</b> Chapter 17- Adulthood
April 13	Chapter 18- Diet and Health Chapter 20-Hunger
April 20	Chapter 19- Consumer Concerns <b>Review for final</b>
April 27	<b>FINAL – CHAPTERS 1-20</b> <b>The final will be at the same time as your regular class.</b>

**Class participation points will be offered most classes. You must attend class to receive points. This schedule is tentative and subject to change as necessary**