

Introduction to Nutrition Science- SPRING 2018
Section 4381 Thursday 1:15-4:20 PM Muir 163

Jan 11	Chapter 1- Overview of Nutrition
Jan 18	Chapter 2- Planning a Healthy Diet Chapter 3- Digestion and Absorption
Jan 25	Chapter 3- Digestion and Absorption Chapter 4- Carbohydrates
Feb 1	EXAM 1- CHAPTERS 1-4 Chapter 6-Protein
Feb 8	Chapter 5- Lipids
Feb 15	Chapter 7- Metabolism Chapter 8- Energy Balance and Body Composition
Feb 22	EXAM 2- CHAPTERS 5-8 Nutrition Assessment Project Passed Out Chapter 9 – Weight Management
March 1	Chapter 9 – Weight Management continued Chapter 10- Water-Soluble Vitamins
March 8	Nutrition Assessment Project Due Chapter 11- Fat-Soluble Vitamins Chapter 12- Water and the Major Minerals
March 15	EXAM 3- CHAPTERS 9-12
March 22	Chapter 13- Trace Minerals Chapter 14- Physical Activity
March 29	Chapter 15- Pregnancy and Lactation Chapter 16- Infancy, Childhood, Adolescence
April 5	EXAM 4- CHAPTERS 13-16 Chapter 17- Adulthood
April 12	Chapter 18- Diet and Health Chapter 20-Hunger
April 19	Chapter 19- Consumer Concerns Review for final
April 26	FINAL – CHAPTERS 1-20 The final will be at the same time as your regular class.

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