

## Introduction to Nutrition Science- SPRING 2019

Jan 17	Chapter 1- Overview of Nutrition
Jan 24	Chapter 2- Planning a Healthy Diet Chapter 3- Digestion and Absorption
Jan 31	Chapter 3- Digestion and Absorption Chapter 4- Carbohydrates
Feb 7	<b>EXAM 1- CHAPTERS 1-4</b> Chapter 6-Protein
Feb 14	Chapter 5- Lipids
Feb 21	Chapter 7- Metabolism Chapter 8- Energy Balance and Body Composition
Feb 28	<b>EXAM 2- CHAPTERS 5-8</b> <b>Nutrition Assessment Project Passed Out</b> Chapter 9 – Weight Management
March 7	Chapter 9 – Weight Management continued Chapter 10- Water-Soluble Vitamins
March 14	<b>Nutrition Assessment Project Due</b> Chapter 11- Fat-Soluble Vitamins Chapter 12- Water and the Major Minerals
March 21	<b>EXAM 3- CHAPTERS 9-12</b> Chapter 13- Trace Minerals
March 28	Chapter 14- Physical Activity Chapter 15- Pregnancy and Lactation
April 4	Chapter 16- Infancy, Childhood, Adolescence
April 11	<b>EXAM 4- CHAPTERS 13-16</b> Chapter 17- Adulthood
April 18	Chapter 18- Diet and Health Chapter 20- Malnutrition
April 25	Chapter 19- Consumer Concerns <b>Review for final</b>
May 2	<b>FINAL – CHAPTERS 1-20</b> <b>The final will be at the same time as your regular class.</b>

**This schedule is tentative and subject to change as necessary**