

Introduction to Nutrition Science- SPRING 2020

Jan 16	Chapter 1- Overview of Nutrition
Jan 23	Chapter 2- Planning a Healthy Diet Chapter 3- Digestion and Absorption
Jan 30	Chapter 3- Digestion and Absorption Chapter 4- Carbohydrates
Feb 6	EXAM 1- CHAPTERS 1-4 Chapter 6-Protein
Feb 13	Chapter 5- Lipids
Feb 20	Chapter 7- Metabolism Chapter 8- Energy Balance and Body Composition
Feb 27	EXAM 2- CHAPTERS 5-8 Nutrition Assessment Project Passed Out Chapter 9 – Weight Management
March 5	Chapter 9 – Weight Management continued Chapter 10- Water-Soluble Vitamins
March 12	Nutrition Assessment Project Due Chapter 11- Fat-Soluble Vitamins Chapter 12- Water and the Major Minerals
March 19	EXAM 3- CHAPTERS 9-12 Chapter 13- Trace Minerals
March 26	Chapter 14- Physical Activity
April 2	Chapter 15- Pregnancy and Lactation Chapter 16- Infancy, Childhood, Adolescence
April 9	EXAM 4- CHAPTERS 13-16 Chapter 17- Adulthood
April 16	Chapter 18- Diet and Health Chapter 20-Hunger
April 23	Chapter 19- Consumer Concerns Review for final
April 30	FINAL – CHAPTERS 1-20 The final will be at the same time as your regular class.

This schedule is tentative and subject to change as necessary