NUTRITION 219- SEMESTER SCHEDULE FALL 2014

Aug 28  Chapter 1- Overview of Nutrition
Sept 4   Chapter 2- Planning a Healthy Diet
         Chapter 3- Digestion and Absorption
Sept 11  Chapter 4- Carbohydrates
Sept 18  EXAM 1 -CHAPTERS 1-4
         Chapter 5- Lipids
Sept 25  Chapter 5- Lipids
         Chapter 6- Protein
Oct 2    Chapter 7- Metabolism
         Chapter 8- Energy Balance and Body Composition
Oct 9    EXAM 2 -CHAPTERS 5-8
         Nutrition Assessment Project handed out
         Chapter 9 – Weight Management
Oct 16   Chapter 9 – Weight Management- continued
         Chapter 10- Water-Soluble Vitamins
Oct 23   Nutrition Assessment Project Due
         Chapter 11- Fat-Soluble Vitamins
         Chapter 12- Water and the Major Minerals
Oct 30   EXAM 3 -CHAPTERS 9-12
         Chapter 13- Trace Minerals
Nov 6    Chapter 14- Physical Activity
         Chapter 15- Pregnancy and Lactation
Nov 13   Chapter16- Infancy, Childhood, Adolescence
         Chapter 17- Adulthood
Nov 20   EXAM 4 -CHAPTERS 13-16
         Chapter 18- Diet and Health
Nov 27   Thanksgiving –NO CLASS
Dec 4    Chapter 19- Consumer Concerns
         Chapter 20- World Hunger
         Review for final
Dec 11   FINAL – CHAPTERS 1-20
         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