

COURSE SCHEDULE
11:709:255:02 Nutrition and Health
Fall 2022: Mondays and Thursdays, 12:10 – 1:30 PM
138 Hickman Hall (HCK-138)

Class #	Date	Topic	Readings
#1	Thursday September 8	Introduction to Course Syllabus Review Definitions of Basic Nutrition Terms A Brief History of Nutrition	Syllabus Chapter 1
#2	Monday September 12	The Science and Practice of Nutrition Dietary Guidelines Assessing Dietary Intake and Status	Chapters 1 + 2
#3	Thursday September 15	Chemistry and Nutrition "Obesity Explosion" Assigned	Chapter 3
#4	Monday September 19	Digestion and Digestive Disorders	Chapter 3
#5	Thursday September 22	Carbohydrates	Chapter 4
#6	Monday September 26	Diabetes	Chapter 4
#7	Thursday September 29	Amino Acids and Proteins	Chapter 5
#8	Monday September 3	Protein Deficiency and Excess Protein Requirements Review for Exam 1	Chapter 5
#9	Thursday October 6	Exam 1	Chapters 1-5
#10	Monday October 10	Lipids	Chapter 6
#11	Thursday October 13	Lipids Cardiovascular Disease	Chapter 6
#12	Monday October 17	Energy Metabolism	Chapter 7
#13	Thursday October 20	Energy Balance	Chapter 8
#14	Monday October 24	Obesity and Weight Regulation Obesity Explosion Quizzes Due	Chapter 8; "Obesity Explosion"
#15	Thursday October 27	Obesity (cont) Review for Exam 2	Chapter 8; "Obesity Explosion"
#16	Monday October 31	Exam 2	Chapters 6-8; "Obesity Explosion"

#17	Thursday November 3	Water Soluble Vitamins (B1, B2, B3)	Chapter 10
#18	Monday November 7	Water Soluble Vitamins (B5, B7, 1C Metabolism, B6, B9)	Chapter 10
#19	Thursday November 10	Water Soluble Vitamins (complete B9, B12, C)	Chapter 11
#20	Monday November 14	Fat Soluble Vitamins (A, E, K) Dietary Assignment – Reviewed and Assigned	Chapters 11 + 12
#21	Thursday November 17	Vitamin D Bone-Related Major Minerals Bone Health	Chapter 11
#22	Monday November 21	Major Minerals (Mg, Na, Cl, K), Water	Chapter 12
#23	Tuesday November 22	Trace Minerals	Chapter 13
	Thursday November 24	Thanksgiving (No Class)	
#24	Monday November 28	Review for Exam 3 Dietary Assignment Due Physical Activity Assignment – Reviewed and Assigned	
#25	Thursday December 1	Exam 3	Chapters 10-13
#26	Monday December 5	Special Topics Nutrition and the Microbiome Genetics and Epigenetics Cancer	
#27	Thursday December 8	Complete Special Topics Begin Life Cycle Nutrition	Chapter 14
#28 (Last Class)	Monday December 12	Complete Life Cycle Nutrition <u>Special Topic:</u> Dietary Supplements Review for Final Exam Physical Activity Assignment Due	Chapter 14
	Thursday December 22 Noon - 3:00	FINAL EXAM	Chapter 14 and Special Topics