

Food and Nutrition 219 Course Schedule

Date		Chapters	Topic	Activities	Assignment and/or Exam
W	Th				
1/13	1/14	1	Course Overview An Overview of Nutrition	“Time for Change” Diet Questionnaire	
1/20	1/21	2	Planning a Healthy Diet Dietary Guidelines		
1/27	1/28	4	Carbohydrates	Demonstration/Discussion “Hidden Sugars in Your Diet Healthy or Harmful?”	Exam 1 (Chpts 1 and 2)
2/3	2/4	6	Proteins	Individual Protein Assessment	<i>Typed Food Logs Due</i>
2/10	2/11	5	Lipids	Individual Fat Assessment “What Foods Do Your Eat?”	
2/17	2/18	10,11	Vitamins	Video: “Vitamins” Game: Vitamin Jeopardy	Exam 2 (Chpts 4, 5, 6)
2/24	2/25	12, 13	Minerals	Game: Mineral Jeopardy	<i>Computer Printouts Due</i>
3/3	3/4	3, 7	Digestion Metabolism	Small Group Activity/Discussion “How a Peanut Butter Sandwich Becomes You – Part 1”	Exam 3 (Chpts 10-13)
3/10	3/11	7, 8	Metabolism (con’t) Energy Balance	Small Group Activity/Discussion “How a Peanut Butter Sandwich Becomes You – Part 2”	
3/17	3/18	8, 9	Energy Balance Weight Management	Determining Your Energy Needs Portion Distortion Awareness	Exam 4 (Chpts 3, 7)
3/24	3/25	9, 14	Weight Management (con’d) Exercise	Group Activity: “Preventing Societal Weight Problems” Ergogenic Aid Evaluation	<i>Dietary Analysis Due</i>
3/31	4/1	15,16, 17	Lifecycle Nutrition		Exam 5 (Chpts 8, 9, 14)
4/7	4/8	18	Diet and Health	Small Group Activity and Discussion “Pyramids, Pyramids Everywhere”	Exam 6 (Chpts 15, 16, 17)
4/14	4/15	19,20	Consumer Concerns about Food and Water	Home Food Safety Evaluation Movie and Discussion “Food,Inc”	
4/21	4/22	20	Global Nutrition Final Exam Review		
4/28	4/29				Final Exam

* may submit to the instructor in person earlier than due date