

## Tentative Class Outline Nutrition Chem 250 Fall 07

week	Dates	Topic	Assignment/activity	Reading Assignments Whitney and Rolfes
1	Tues 9/25	Introduction and overview of the class, Nutrients, Nutrient requirements- what do they mean?		Chapter 1 (including highlight)
	Th 9/27	Eating! Dietary Guidelines Digestion and Absorption	Intro to project	Chapter 3(including highlight)
2	Tues 10/2	Film- "Broken Limb"	Begin using diet analysis software to practice	
	Th 10/4	Carbohydrates –Definitions Structures,		Chapter 4, (including highlight)
3	Tues 10/9	Carbohydrates continued, Functions, Requirement Diabetes	<b>Start Food and Exercise Records for Project</b>	Chapter 4 & pp 637-642
	Th 10/11	Lipids -Definitions, Structures, Functions, Requirement	<b>Reflection paper #1</b> in class	Chapter 5(including highlight) & pp 624-632
4	Tues 10/16	Lipids continued Heart Disease Prevention	Begin entering foods into computer program	Chapter 5
	Th 10/18	<b>Exam # 1</b> Chapters 1- 5	Continue to enter foods into computer program	
5	Tues 10/23	Protein - Structures, Functions, Requirement, Vegetarianism Metabolism	Have all foods entered into computer program	Chapter 6 (including highlight) Chapter 7 (including highlight)
	Th 10/25	Energy Balance Weight Management and "Dieting" Film: Minnesota Starvation Study	<b>HAND IN FOOD RECORDS AND COMPUTER PRINTOUTS</b>	Chapters 8,9 (including highlights)
6	Tues 10/30	Water Major Minerals: Sodium, Chloride	<b>Reflection paper #2</b> in class	Chapter 12 & pp 632-636 (including highlight)
	Th 11/1	Minerals continued: Potassium,Calcium	Food records and computer printouts returned	Chapter 12
7	Tues 11/6	Major Minerals Continued: Magnesium and Phosphorus Osteoporosis, The Dash Diet	<b>Extra Credit paper due</b>	Chapter 12
	Th 11/8	<b>Exam #2</b> Chapters 6,7,8,9,12 Trace Minerals: Iron		
8	Tues 11/13	Trace Minerals: Selenium, Chromium,	<b>Reflection paper #3</b> In class	Chapter 13 (including highlight)
	Th 11/15	Trace Minerals: Fluoride, Iodine		Chapter 13
9	Tues 11/20	Water Soluble Vitamins	<b>DIET ANALYSIS PROJECT DUE</b> <b>no late projects accepted</b>	Chapter 10 (including highlight)
	Th 11/22	Thanksgiving no class		
10	Tues 11/27	Vitamins A& D	<b>Projects returned</b>	Chapter 11 (including highlight)
	Th 11/29	Vitamins E & K Summary		Chapter 11 & Highlight 18
	Mon 12/3	<b>Final Exam 10:15-12:05</b>		