

Tentative Class Outline Nutrition Chem 250 Spring 2008

week	Dates	Topic	Assignment/activity	Reading Assignments Whitney and Rolfes
1	Tues 4/1	Introduction and overview of the class, Nutrients, Nutrient requirements - what do they mean?		Chapter 1 (including highlight)
	Th 4/3	Eating! Dietary Guidelines Digestion and Absorption	Intro to project	Chapter 3(including highlight)
2	Tues 4/8	Carbohydrates –Definitions Structures,	Begin using diet analysis software to practice	Chapter 4, (including highlight)
	Th 4/10	Carbohydrates continued, Functions, Requirement Diabetes	Start Food and Exercise Records for Project	Chapter 4, (including highlight) & pp 637-642
3	Tues 4/15	Lipids -Definitions, Structures, Functions, Requirement	Reflection paper #1 in class	Chapter 5 (including highlight) & pp 624-632
	Th 4/17	Lipids continued Heart Disease Prevention	Begin entering foods into computer program	Chapter 5
4	Tues 4/22	Protein - Structures, Functions, Requirement, Vegetarianism	Continue to enter foods into computer program	Chapter 6 (including highlight)
	Th 4/24	Exam # 1 Chapters 1- 5	Have all foods entered into computer program	
5	Tues 4/29	Metabolism Energy Balance	HAND IN FOOD RECORDS AND COMPUTER PRINTOUTS	Chapter 7 (including highlight)
	Th 5/1	Weight Management and “Dieting” Film: Minnesota Starvation Study		Chapters 8 (including highlight) Chapter 9 (including highlight)
6	Tues 5/6	Water Major Minerals: Sodium, Chloride Potassium,	Food records and computer printouts returned Reflection paper #2 in class	Chapter 12 & pp 632-636
	Th 5/8	Film- “Broken Limb” 90 minutes		
7	Tues 5/13	Major Minerals Continued: Calcium Magnesium and Phosphorus		Chapter 12
	Th 5/15	Osteoporosis, The Dash Diet Trace Minerals: Iron	Ok to hand in projects early	Chapter 12, Chapter 13 (including highlight)
8	Tues 5/20	Exam #2 Chapters 6,7,8,9,12 Trace Minerals: Selenium, Zinc,		Chapter 13
	Th 5/22	Trace Minerals: Fluoride, Iodine	DIET ANALYSIS PROJECT DUE no late projects accepted	Chapter 13
9	Tues 5/27	Water Soluble Vitamins	Reflection paper #3 in class	Chapter 10 (including highlight)
	Th 5/29	Water Soluble Vitamins	Extra Credit paper due	Chapter 10
10	Tues 6/3	Vitamins A& D	Projects returned	Chapter 11 (including highlight)
	Th 6/5	Vitamins E & K Summary		Chapter 11 & Highlight 18
	Thurs 6/12	Final Exam 10:15-12:05		