

Tentative Class Outline, Nutrition, Chem 250 fall 08

week	Dates	Topic	Assignment/activity	Reading Assignments Whitney and Rolfes
1	Tues 9/30	Introduction and overview of the class, Nutrients, Nutrient requirements- Eating!		Chapter 1
	Th 10/2	Dietary Guidelines Digestion and Absorption	Intro to project	Chapter 3
2	Tues 10/7	Carbohydrates –Definitions Structures,	Begin using diet analysis software	Chapter 4
	Th 10/9	Carbohydrates continued, Functions, Requirement Diabetes	Start Food and Exercise Records for Project	Chapter 4,
3	Tues 10/14	Lipids -Definitions, Structures, Functions, Requirement		Chapter 5 & pp 632-636
	Th 10/16	Lipids continued Heart Disease Prevention	Reflection paper #1 in class	Chapter 5 & pp 618-29
4	Tues 10/21	Exam # 1 Chapters 1-5 Protein - Structures, Functions,	Begin entering foods into computer program	
	Th 10/23	Protein:Requirement, Vegetarianism Metabolism	Continue to enter foods into computer program	Chapter 6 Chapter 7
5	Tues 10/28	FILM Broken Limb work on projects	Have all foods entered into computer program	Chapters 8,9
	Th 10/30	Energy Balance Weight Management and “Dieting”	HAND IN FOOD RECORDS AND COMPUTER PRINTOUTS	Chapter 12 & pp 629-631
6	Tues 11/4	Film: Minnesota Starvation Study Water Major Minerals: Sodium,	Reflection paper #2 in class	Chapter 12
	Th 11/6	Minerals continued: Sodium Chloride, Potassium, Calcium, Magnesium and Phosphorus	Food records and computer printouts returned	Chapter 12
7	Tues 11/11	NO CLASS HOLIDAY		Chapter 13
	Th 11/13	Exam #2 Chapters 6,7,8,9,12 The Dash Diet, Osteoporosis,		
8	Tues 10/18	Trace Minerals: Iron , Selenium, Fluoride,	Reflection paper #3 In class	Chapter 13
	Th 11/20	Trace Minerals: Iodine, others Water soluble Vitamins: B vitamins	Extra Credit paper due	Chapter 10
9	Tues 11/25	Water Soluble Vitamins continued Bs and Vitamin C	DIET ANALYSIS PROJECT DUE no late projects accepted	Chapter 10
	Th 11/27	NO CLASS THANKSGIVING		
10	Tues 12/2	Vitamins A& D	Extra Credit papers returned Projects returned	Chapter 11
	Th 12/4	Vitamins E & K Summary		Chapter 11
	Mon 12/8	Final Exam 10:15-12:05		