

REVISED Tentative Class Outline, Nutrition, Chem 250 Fall 2010

week	Dates	Topic	Assignment/activity	Reading Assignments Whitney and Rolfe
1	Tues 9/28	Introduction and overview of the class, Nutrients, Nutrient requirements- Eating!		Chapter 1
	Th 9/30	Dietary Guidelines Digestion and Absorption	Intro to project	Chapter 3
2	Tues 10/5	Carbohydrates –Definitions Structures,	Begin using diet analysis software	Chapter 4
	Th 10/7	Carbohydrates continued, Functions, Requirement Diabetes	Start Food and Exercise Records for Project	Chapter 4 NY Times articles (on Blackboard)
3	Tues 10/12	Lipids -Definitions, Structures, Functions, Requirement	Reflection paper #1 in class	Chapter 5 & pp 632-636
	Th 10/14	Lipids continued Heart Disease Prevention	Begin entering foods into computer program	Chapter 5 & pp 618-29
4	Tues 10/19	Exam # 1 Chapters 1-5 Protein: Protein - Structures,		
	Th 10/21	Protein: Functions, Requirements, Vegetarianism Genetics and nutrition	Continue to enter foods into computer program	Chapter 6
5	Tues 10/26	Metabolism Energy Balance	Have all foods entered into computer program	Chapter 7
	Th 10/28	Weight Management and “Dieting” Film: Minnesota Starvation Study	HAND IN FOOD RECORDS AND COMPUTER PRINTOUTS	Chapters 8, 9
6	Tues 11/2	Water Major Minerals: Sodium Chloride,	Reflection paper #2 in class	Chapter 12
	Th 11/4	Potassium, Calcium, Magnesium Phosphorus, The Dash Diet, Osteoporosis,	Food records and computer printouts returned	Chapter 12 & pp 629-631
7	Tues 11/9	Exam #2 Chapters 6,7,8,9,12 Trace Minerals: Iron		Chapter 12
	Th 11/11	Holiday-- University closed		
8	Tues 11/16	Trace Minerals Selenium, Fluoride Iodine Water soluble Vitamins: B vitamins		Chapter 13
	Th 11/18	Water soluble Vitamins: B vitamins	Extra Credit paper due	Chapters 13, 10
9	Tues 11/23	Water Soluble Vitamins Bs and Vitamin C	DIET ANALYSIS PROJECT DUE no late projects accepted	Chapter 10
	Th 11/25	NO CLASS THANKSGIVING		
10	Tues 11/30	Vitamins A& D	Extra Credit papers returned Projects returned	Chapter 11
	Th 12/2	Vitamins E & K Summary	Reflection paper #3 In class	Chapter 11
	Mon 12/6	Final Exam 10:15-12:05		

