

Tentative Class Outline, Nutrition, Chem 250 Fall 2009

week	Dates	Topic	Assignment/activity	Reading Assignments Whitney and Rolfes
1	Tues 9/29	Introduction and overview of the class, Nutrients, Nutrient requirements- Eating!		Chapter 1
	Th 10/1	Dietary Guidelines Digestion and Absorption	Intro to project	Chapter 3
2	Tues 10/6	Carbohydrates –Definitions Structures,	Begin using diet analysis software	Chapter 4
	Th 10/8	Carbohydrates continued, Functions, Requirement Diabetes	Start Food and Exercise Records for Project	Chapter 4
3	Tues 10/13	Lipids -Definitions, Structures, Functions, Requirement	Reflection paper #1 in class	Chapter 5 & pp 632-636
	Th 10/15	Lipids continued Heart Disease Prevention	Begin entering foods into computer program	Chapter 5 & pp 618-29
4	Tues 10/20	Exam # 1 Chapters 1-5		
	Th 10/22	Protein: Protein - Structures, Functions Requirements, Vegetarianism	Continue to enter foods into computer program	Chapter 6
5	Tues 10/27	FILM King Corn work on projects	Have all foods entered into computer program	Chapter 7
	Th 10/29	Metabolism Energy Balance Weight Management and “Dieting”	HAND IN FOOD RECORDS AND COMPUTER PRINTOUTS	Chapters 8, 9
6	Tues 11/3	Film: Minnesota Starvation Study Water	Reflection paper #2 in class	
	Th 11/5	Major Minerals: Sodium, Chloride, Potassium,	Food records and computer printouts returned	Chapter 12 & pp 629-631
7	Tues 11/10	Minerals continued: Calcium, Magnesium and Phosphorus, The Dash Diet, Osteoporosis,		Chapter 12
	Th 11/12	Exam #2 Chapters 6,7,8,9,12 Trace Minerals: Iron		
8	Tues 10/17	Trace Minerals: Selenium, Fluoride, : Iodine,	Reflection paper #3 In class	Chapter 13
	Th 11/19	Trace Minerals --others Water soluble Vitamins: B vitamins	Extra Credit paper due	Chapters 13, 10
9	Tues 11/24	Water Soluble Vitamins continued Bs and Vitamin C	DIET ANALYSIS PROJECT DUE no late projects accepted	Chapter 10
	Th 11/26	NO CLASS THANKSGIVING		
10	Tues 12/1	Vitamins A& D	Extra Credit papers returned Projects returned	Chapter 11
	Th 12/3	Vitamins E & K Summary		Chapter 11
	Mon 12/7	Final Exam 10:15-12:05		