

COURSE CALENDAR FOR Nutri 300/ FCS 340- Nutrition Fall 2011

Week* There are 16 weeks in a semester	Date	Lecture & Reading: <i>Each week you are expected to read a chapter and view a lecture for that chapter!</i>	Assignment: <i>The directions for each assignment and the place to submit can be found by clicking on "Drop box" in D2L</i>	Discussion Board: <i>usually based upon the "controversy" at the end of each chapter</i>	Assessment: <i>Each week you will either have a quiz or an exam but not both!</i>
1	Aug 22-Aug 28	Food Choices and Human Health Chapter 1	<p>-Practice Assignment: Part of your mandatory orientation</p> <p>AND</p> <p>- Assignment #1: 3 day food journal Due on before Sun 9/4 at 11:55pm</p> <p><i>-(to view directions go to D2L, click on "drop box" then look at Assignment #1)</i></p>	<p>Orientation Discussion board: Part of your mandatory orientation</p> <p>AND</p> <p>Discussion (DB1): Quackery: How can you tell?</p>	<p>Practice Quiz: Part of your mandatory orientation</p> <p>AND</p> <p>Quiz 1 on Ch 1</p>
2	Aug 29-Sept 4	Nutrition Tools-Standards and Guidelines Chapter 2	<p>- Assignment #1: 3 day food journal Due on before Sun 9/4 at 11:55pm</p> <p><i>-(to view directions go to D2L, click on "drop box" then look at Assignment #1)</i></p>	<p>Discussion (DB2): My Plate Discussion</p> <p><i>(the new version of the food guide pyramid")</i></p>	<p>Quiz 2 on Ch 2</p>
3	Sept 5-11 Labor Day Mon 9/5/11 No Classes!	The Remarkable Body Chapter 3	<p>No assignment this week! Focus on preparation for your first exam!</p>	<p>Discussion (DB3): Alcohol and Nutrition</p>	<p>Exam 1: Ch's 1, 2, 3</p>
4	Sept 12-18 Last Day to Drop without notation on your transcript is 9/16/11	Carbohydrates Chapter 4	<p>Assignment #2: Better Food Choices Case Study Due on/before Sun 9/25 at 11:55pm</p> <p><i>-(to view directions go to D2L, click on "drop box" then look at Assignment #2)</i></p>	<p>Discussion (DB4): Are Carbohydrates Bad for Health?</p>	<p>Quiz 3 on Ch 4</p>
5	Sept 19-25	Lipids Chapter 5	<p>Assignment #2: Better Food Choices Case Study Due on/before Sun 9/25 at 11:55pm</p> <p><i>-(to view directions go to D2L, click on "drop box" then look at Assignment #2)</i></p>	<p>Discussion (DB5): Good fats and bad fats, which are which? <i>(You have 2 days to complete this DB. It will close on Sun Oct 2nd)</i></p>	<p>Quiz 4 on Ch 5 <i>(You have 2 days to complete this quiz. It will close on Sun Oct 2nd)</i></p>

6	Sept 26-Oct 2	Lipids Chapter 5	<p>-Assignment #3: DA1 Assigned early this week (Mon/Tues)</p> <p>Due on/before Sun 10/9 at 11:55pm.</p> <p><i>-(to view directions go to D2L, click on "drop box" then look at Assignment #3)</i></p>	<p>Discussion (DB5): Good fats and bad fats, which are which? <i>(You have 2 days to complete this DB. It will close on Sun Oct 2nd)</i></p>	Quiz 4 on Ch 5 <i>(You have 2 days to complete this quiz. It will close on Sun Oct 2nd)</i>
7	Oct 3-9	Proteins and Amino Acids Chapter 6	<p>-Assignment #3: Diet Analysis Part I (DA1) <u>Due</u> this week!</p> <p><i>(must be submitted on D2L by Sun 10/9/2011 before 11:55pm)</i></p> <p><i>-(to view directions go to D2L, click on "drop box" then look at Assignment #3)</i></p>	<p>Discussion (DB6): Vegetarianism and meat containing diets- what are the benefits and pitfalls? <i>(You have 2 days to complete this DB. It will close on Sun Oct 9th)</i></p>	Quiz 5 on Chapter 6
8	Oct 10-16	Finish up Proteins and Amino Acids and then Exam 2! Chapter 6	<p>No Assignment this week, focus on Exam #2</p>	<p>Discussion (DB6): Vegetarianism and meat containing diets- what are the benefits and pitfalls? <i>(You have 2 days to complete this DB. It will close on Sun Oct 9th)</i></p>	Exam 2: Ch's 3, 4, 5, 6
9	Oct 17-23	The Vitamins Chapter 7	<p>Assignment #4: Anorexia Case Study</p> <p>Due on/before Sun 10/30 at 11:55pm</p> <p><i>(to view directions go to D2L, click on "drop box" then look at Assignment #4)</i></p>	<p>Discussion (DB7): Vitamin Supplements!</p>	Quiz 6 on Ch 7
10	Oct 24-Oct 30	Water and Minerals Chapter 8	<p>Assignment #4: Anorexia Case Study</p> <p>Due on/before Sun 10/30 at 11:55pm</p> <p><i>(to view directions go to D2L, click on "drop box" then look at Assignment #4)</i></p>	<p>Discussion (DB8): Osteoporosis!</p>	Quiz 7 on Ch8

11	Oct 31-Nov 6	Review of Vitamins and Minerals Chapters 7&8	Learn to use digital databases this week! PILOT module 4! See D2L for details! <i>-(to view directions go to D2L, click on "drop box" then look at bonus point opportunity #4: PILOT Module 4)</i>	No discussion board this week!	Exam 3: Chapters 7 & 8
12	Nov 7-13 Veteran's Day 11/12 No Classes!	Energy Balance and Healthy Body Weight Chapter 9	Assignment #5: Diet Analysis Part II (DA2) assigned this week! Due on/before Sun 11/27 at 11:55pm <i>(to view directions go to D2L, click on "drop box and look at Assignment #5")</i>	Discussion (DB9): Eating Disorders	Quiz 8 on Chapter 9
13	Nov 14-20 -Drop Deadline (with a "W" 11/15/11)	Nutrients, Physical Activity and the Body's Responses Chapter 10		Discussion (DB10): Sports Supplements / Ergogenic aids	Quiz 9 on Chapter 10
14	Nov 21-27 -Thanksgiving Holiday 11/24-11/27	Diet and Health Chapter 11	Assignment #5 Diet Analysis Part II Due by Sunday 11/27 <i>-(to view directions and to submit go to D2L, click on "drop box" then look at Assignment #2)</i>	Discussion (DB11): Nutritional Genomics!	Exam 4: Chapters 9 and 10 and 11
15	Nov 28-Dec 4	Food Safety and Food Technology Chapter 12	All remaining materials for the rest of the semester will <u>open</u> on Monday 11/28/2011! If you would like to work ahead you can. <u>All</u> materials will <u>close</u> on Thurs 12/8 at 11:55 pm except for your final exam.	Discussion (DB12): Genetically Modified Organisms (GMO's)	Quiz 10 on Ch 12 There will be a cumulative MAKE-UP EXAM** offered from Mon 11/28/2011-Thurs 12/8/2011. It is OPTIONAL but can be used to replace your lowest exam score. Please see D2L for details! Your final exam will open on Mon 11/28/11 and will close on Monday 12/12/11 at 11:55pm.

16	Dec 5 (Mon)- Dec 8 (Thurs) ***shortened week due to final exams ***	Hunger and the Global Environment Chapter 15	Assignment #5: DA2 will be graded and returned to you by Thursday 12/8. All materials will close on Thurs 12/10 at 11:59 pm except for your final exam.	Discussion (DB13): What would you do if you became homeless and had to struggle to feed/shelter yourself?	Quiz 11 on Chapter 15
Finals Week (week 16.5)	Dec 9 (Fri)- Dec 12 (Mon)	Final Exam week! You're almost done! *Final exam schedule can be found online. Go to SCC home page then click on "final exam schedule" in the drop down menu.	Your final exam will close on Monday 12/12 at 11:55pm. ***There are no make-ups for the final exam, so don't miss it!	Discussion : none	Final Exam: Ch's 12, 15

*** Each week begins on Monday at 5am and ends on Sunday night at 11:55pm. Each weekly quiz and discussion board are due by 11:55pm on Sunday of that week.**

**** The make-up exam (offered in week 15) is your only opportunity to make up for a missed exam or a low score on an exam. It can not hurt you, it can only help you. The make up exam is optional; you do not have to take it if you do not wish to.**

*****Instruction ends 12/8/2011. All work, including your make up exam (if you choose to do it) and bonus point opportunities must be completed by 12/8/2011. The only item accepted after this date is the final exam which is due on or before 12/12/2011 at 11:55pm.**