

NUTRI 300/FCS 340 NUTRITION (Dr. Jessica Coppola) COURSE CALENDAR (First 6wk course) Summer 2011

Day #	Date	Lecture & Reading	Assignments	Discussion Boards (DBs) (you must do the discussion on the day it is due unless it says you have 2 days to do the DB)	Assessment (quiz or exam) (you must do the quiz on the day it is due unless it says you have 2 days to do the quiz)
Day 1	6/13 Mon	Orientation today! Read syllabus and calendar	Orientation Assignment *There are 3 tasks that you must do to prove you participated in the mandatory orientation (either video or in person). These tasks must be complete by 11:55pm on 6/13 or you may be dropped.	Orientation Discussion Board	Practice Quiz Closes 11:55pm today!
Day 2	6/14 Tues	Overview of Nutrition Chapter 1	Assignment #1: 3 day food journal assigned today – due Mon 6/20 before 11:55pm (for directions, login to D2L then click on “content” then go to “tasks for day 2”)	Discussion (DB1): Quackery: How can you tell?	Quiz 1 on Ch 1 5am-11:59 pm today only!
Day 3	6/15 Wed	Planning a healthy diet Chapter 2	Work on Assignment #1: 3 day food journal	Discussion (DB2): Food Guide Pyramid-What do you think?	Quiz 2 on Ch 2 5am-11:55 pm today only!
Day 4	6/16 Thurs	Diet & health Chapter 18	Work on Assignment #1: 3 day food journal	Discussion (DB3): How do we know diet alters health? (you have 2 days to do this discussion board)	Quiz 3 on Ch 18 (you have 2 days to do this quiz) 5am →
Day 5	6/17 Fri Last Day to Drop with a Refund	Diet & Health Chapter 18	Work on Assignment #1: 3 day food journal	Discussion (DB3): How do we know diet alters health?	Quiz 3 on Ch 18 → 11:59pm closes at 11:59pm today
Day 6	6/20 Mon	Exam 1 Covers chapters 1, 2, 18	Assignment #1: 3 day food record due by 11:59pm tonight! To submit, login to D2L, click on content, click on day 6 required tasks, click on Assignment #1 then attach file at the bottom of the directions.		Exam 1: Covers Chs 1, 2, 18 Open 5am-11:59pm today only! (I will open this Exam early in case you want to take it over the weekend. Click on “quizzes” to find the exam.)

Day 7	6/21 Tues	Digestion & Absorption Chapter 3	Assignment #2: Better Food Choices Case Study (for directions, login to D2L then click on “content” then go to “tasks for day 7”) -Due on D2L on/before Friday 6/24 at 11:55pm	Discussion (DB4): what roles do the major organs play? <i>(You have 2 days to do this discussion board)</i>	Quiz 4 on chapter 3 (you have 2 days to do this quiz) 5am →
Day 8	6/22 Wed	Digestion & Absorption Chapter 3	Work on Assignment #2	Discussion (DB4): what roles do the major organs play?	Quiz 4 on chapter 3 → 11:59pm Closes 11:59pm today.
Day 9	6/23 Thurs	Carbohydrates Chapter 4	Work on Assignment #2	Discussion (DB5): Based on your reading, what do you think about artificial sweeteners (like nutra-sweet)?	Quiz 5 on Ch 4 5am-11:59 pm today only!
Day 10	6/24 FRI Last Day to drop without a “W”	Lipids Chapter 5	Turn in Assignment #2: Better Food Choices Case Study before 11:55pm tonight!!! To submit, login to D2L, click on content, click on day 10 required tasks, click on Assignment #2 then attach file at the bottom of the directions.	Discussion (DB6): The good things and bad things about fats. <i>(You have 2 days to do this discussion board)</i>	Quiz 6 on Ch 5 (you have 2 days to do this quiz) 5am →
Day 11	6/27 Mon	Lipids Chapter 5	Assignment #3: Diet Analysis Project Part 1 assigned today! (for directions, login to D2L then click on “content” then go to “tasks for day 11”) -Due on D2L on/before Friday 7/1 at 11:55pm	Discussion (DB6): The good things and bad things about fats.	Quiz 6 on Ch 5 → 11:59pm. Closes 11:59pm today
Day 12	6/28 Tues	Proteins Chapter 6	Work on Assignment #3: Diet Analysis Part 1	Discussion (DB7): Vegetarianism – what do you think? <i>(You have 2 days to do this discussion board)</i>	Quiz 7 on Ch 6 (you have 2 days to do this quiz) 5am →
Day 13	6/29 Wed	Proteins Chapter 6	Work on Assignment #3: Diet Analysis Part 1	Discussion (DB7): are proteins bad?	Quiz 7 on Ch 6 → 11:59pm. Closes 11:59pm today.

Day 14	6/30 Thurs	Exam 2 Covers chs 3, 4, 5 and 6	Work on Assignment #3: Diet Analysis Part 1	Discussion: none today	Exam 2: covers chapters 3, 4, 5, 6 5am-11:59 pm today only!
Day 15	7/1 Fri	Metabolism Chapter 7	Assignment #3: Diet Analysis Part 1 (DA1) due by 11:55pm tonight on D2L! To submit, login to D2L, click on content, click on day 15 required tasks, click on Assignment #3 then attach PDF file at the bottom of the directions.	Discussion (DB8): Alcohol: Myths and Truths! <i>(You have 2 days to do this discussion board)</i>	Quiz 8 on Chapter 7 (you have 2 days to do this quiz) 5am →
Day 16	7/4 Mon	July 4th holiday!	July 4th holiday!	July 4th holiday!	July 4th holiday!
Day 17	7/5 Tues	Metabolism Chapter 7	Assignment #4: Anorexia Case Study Assigned today. Due Thurs 7/7/11 (for directions, login to D2L then click on “content” then go to “tasks for day 9”)	Discussion (DB8): Alcohol: Myths and Truths	Quiz 8 on Chapter 7 → 11:59pm Closes 11:59pm today.
Day 18	7/6 Wed	Energy balance & body composition Chapter 8	Work on Assignment #4: Anorexia Case Study Due Thurs 7/7/11	Discussion (DB9): How do you define a healthy body weight?	Quiz 9 on Chapter 8 5am-11:59 pm today only!
Day 19	7/7 Thurs	Weight Management Chapter 9	Assignment #4 Anorexia case study: due by 11:55pm tonight on D2L!	Discussion (DB10): What are your personal experiences with weight?	Quiz 10 on Chapter 9 5am-11:59 pm today only!
Day 20	7/8 Fri	Fitness Chapter 14	Assignment #5: Diet Analysis part 2 assigned today (DA2). Due on or before Friday 7/15 at 11:55pm.	Discussion (DB11): Fitness supplements: what do you think?	Quiz 11 on Chapter 14 5am-11:59 pm today only!
Day 21	7/11 Mon	Exam 3 Covers chapters 7, 8, 9 &14	Work on Assignment #5: Diet Analysis Project part 2 (DA2)	Discussion: none today	Exam 3: covers chs 7, 8, 9 and 14 5am-11:59 pm today only! (I will open this Exam early in case you want to take it over the weekend. Click on “quizzes” to find the exam.)

Day 22	7/12 Tues Last Day to Drop WITH a “W”	Library Research: PILOT Module #4! http://pilot.scc.losrios.edu/ pilot/ Up to 10 bonus points possible if you do the online PILOT module #4 and take the quiz (have it sent to me).	Work on Assignment #5: Diet Analysis Project part 2 (DA2)	Discussion: none today	PILOT module #4. I will automatically receive the quiz at the end if you entered my email where it asks you for your teacher’s email address.
Day 23	7/13 Wed	Water Soluble Vitamins Ch 10	Work on Assignment #5: Diet Analysis Project part 2 (DA2)	Discussion (DB12): Let’s talk about antioxidants! <i>(You have 2 days to do this discussion board)</i>	Quiz 12 on Chapter 10 5am-11:59 pm today only!
Day 24	7/14 Thurs	Fat Soluble Vitamins Ch 11	Work on Assignment #5: Diet Analysis Project part 2 (DA2)	Discussion (DB12): Let’s talk about antioxidants!	Quiz 13 on Chapter 11 5am-11:59 pm today only!
Day 25	7/15 Fri	Water, Major minerals Chapter 12	Assignment #5: DA 2 Due <u>Today before 11:55pm</u>: submit it on D2L	Discussion (DB13): Do you really need a multivitamin/mineral supplement? <i>(You have 2 days to do this discussion board)</i>	Quiz 14 on Chapter 12 5am-11:59 pm today only!
Day 26	7/18 Mon	Trace Minerals Chapter 13	No Assignment	Discussion (DB13): Do you really need a multivitamin/mineral supplement?	Quiz 15 on Chapter 13 5am-11:59 pm today only! (I will open this Exam early in case you want to take it over the weekend. Click on “quizzes” to find the exam.)
Day 27	7/19 Tues	Exam 4 Covers chapters 10, 11, 12 & 13 Optional Make up EXAM begins today (covers all chapters up to today!)	No Assignment	Discussion (DB14): Water, most of us need more, how do we get more into our diet/life routine?	Exam 4: covers chapter 10, 11, 12 and 13 5am-11:59 pm today only! Optional Make up EXAM offered: 5am on 7/19 through 11:55pm on 7/20! (Covers all chapters up to 7/18!)

Day 28	7/20 Wed	Consumer Concerns about Foods and Water Chapter 19	No Assignment	Discussion (DB15): Organic foods- based on your reading are they worth the higher price?	Quiz 16 on Chapter 19 5am-11:59 pm today only! Optional Make up EXAM offered: 5am on 7/19 through 11:55pm on 7/20! (Covers all chapters up to 7/18!)
Day 29	7/21 Thurs	Hunger and the Global Environment Chapter 20	No Assignment	Discussion (DB16): What would you do if you became homeless and had to struggle to feed/shelter yourself?	Quiz 17 on Chapter 20 5am-11:59 pm today only! Optional Make up EXAM offered: 5am on 7/19 through 11:55pm on 7/20! (Covers all chapters up to 7/18!) <u>All materials</u> except for the final exam are due by 11:55pm tonight! That includes any bonus point items, etc...
Day 30	7/22 Friday	Exam 5 (final exam) Covers Chapters 19 & 20		Discussion: no more!!!	Exam 5: covers ONLY chapters 19 & 20 8am-11:55pm

- Notes:
- 1) The last day of instruction for your summer session is 7/21. Friday 7/22 is final exam Day. All materials are due by 7/21 at 11:55pm with the exception of the final exam which is due by 7/22at 11:55pm.
 - 2) Your instructor reserves the right to deviate from this calendar if necessary. Any changes will be posted on the announcements section of D2L.
 - 3) D2L = Desire to Learn, our course web page: <http://d2l.losrios.edu>
 - 4) There will be only one make up exam for the whole class. That make up exam will be used to replace your lowest exam score. Your make up exam can not harm your score. If your other exams are Higher than your make up exam score it will not be used.