**HECO 1322 – Personal Nutrition**

***Spring 2020***

*The following contains the tentative course schedule. All material is subject to change at the instructor’s discretion. Changes will be announced in class, via Remind and on Blackboard with changes made.*

**Week 1 – January 14**

***Class will not take the full time today***

Introduction to Course

Chapter 1 – Basics of Nutrition

Longevity Quiz - #1a – due NEXT week

Sign-up for Remind - #1b (see specific notes about Remind!) – complete by NEXT week

**Week 2 – January 21**

***Class will not take the full time today***

Sensory Analysis: Food Choices

Chapter 2 – Pursuit of a Healthy Diet

72 hour diet recall – by hand– due NEXT week

Calorie Counting Worksheet - #2-– due NEXT week

**Week 3 – January 28**

Finish Chapter 2 - Pursuit of a Healthy Diet

Reading a food label

Making it Real – food groups, My Plate, Shopping

72 hour diet recall –enter into the computer - #3 - – due in two weeks

**Week 4** – **February 4**

Chapter 3 – Anatomy for Nutrition’s Sake

Quiz – reading a food label - #4 (Bring OWN food label to class to receive credit here) – in class quiz *(no make-ups unless qualified absence and instructor is noted per syllabus information)*

Chapter 4 – Carbohydrates: Sugar, Starch and Fiber (DI)

CHO’s – simple vs. complex - #5 – due NEXT week

**Week 5** – **February 11**

Chapter 4 – Carbohydrates: Sugar, Starch and Fiber (DII)

CHO’s Analysis - #6-– due NEXT week (used 72 hour diet recall entered the last two weeks into the online program)

**Exam I – Chapters 1 – 3**

*(no make-ups unless qualified absence and instructor is noted per syllabus information)*

**Week 6** – **February 18**

Chapter 5 – The Lipids: Fats and Oils

Dietary Fat and Cholesterol Analysis - #7 – due NEXT week

**Week 7** – **February 25**

Chapter 6 – The Proteins and Amino Acids

Protein Analysis - #8 – due NEXT week

*Need to have Project Groups turned in by TODAY (whether you are in class or not)!*

**Week 8** – **March 3**

Review Exam II

Chapter 7 – The Vitamins: A Functional Approach

Vitamin Analysis - #9 – due NEXT week

Assign MANDATORY Group Project – students choose their groups

**Week 9 –March 10**

Chapter 8 – The Minerals and Water: A Functional Approach

Mineral Analysis - #10 – due Week 12

**Exam II – Chapters 4-6**

*(no make-ups unless qualified absence and instructor is noted per syllabus information)*

**Week 10 – March 16-20 SPRING BREAK**

**No Class this week**

**Week 11 – March 24**

**No Class – Project Work day**

Read about Water, Fluids and Beverages on Nutritional Health BEFORE next class period. This is in the book, online and through notes posted.

**Week 12 – March 31**

Chapter 9 – Impact of Fluids and Beverages on Nutritional Health

*Review for Exam III*

**Week 13 – April 7**

***Class will not take the full time today***

Chapter 10 – Weight Management

Chapter 11 – Nutrition, Physical Activity, and Fitness

*Answer Final Questions on Project due next class period*

**Exam III – Chapters 7-9**

*(no make-ups unless qualified absence and instructor is noted per syllabus information)*

**Week 14 – April 14**

**Project Presentations – Group Project #1 (MUST BE IN ATTENDANCE)**

**Week 15 – April 28**

***Class will not take the full time today***

Chapter 13 – Food Safety and the Global Food Supply

Review for Final Exam

Review Final Exam Requirements and Exemption Policy

All Grades updated by class today!

**Week 16 – May 5**

Final Exam – see exam schedule

Tuesday, May5th 6-8:50pm