

HUN 2201
Fundamentals of Human Nutrition
Fall 2023

- Credits:** 3 hours
- Class Meetings:** MWF | Period 5 | 11:45 AM - 12:35 PM
- Location:** Online synchronous (live)
- Lecturer:** Dr. Sarah Brunnig, DCN, RDN
- Contact:** Building 120 (AFPP) Room 104B (building next to main FSHN by pond)
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)
Office Hours: 1:00 – 3:00 Monday and Wednesday.
12:00 – 1:00 Thursday
In office and also on Zoom - See Canvas Modules Getting Started for the link to Zoom with me. Other times available as needed.
- Teaching Assistants:** TBA
Their contact information and office hours will be posted in CANVAS Allow 24 – 48 hours for a response to emails
- Prerequisites:** BSC 2007 or BSC 2005 or BSC 2010 or CHM 1025 or CHM 2045 or APK 2100C or APK 2105C or CHM 1030 | Meets General Education – Biological Science
- Textbook:** Understanding Nutrition, 16th Ed., Whitney and Rolfes, Cengage, 2021
This is an AllAccess book which means you can purchase access to the digital text right from the bookstore, and it will be charged to your account, and you will have access from day one. You may also purchase a physical text if you prefer. Also, a copy of the text is in the Marston Library at the Reserve Desk, and you can read it there using the Ares online course reserve system. [UF All Access \(ufl.edu\)](https://ufl.edu/allaccess)
- Synchronous Class:** This is an online, synchronous class. We meet just like a campus class, only online. It is very important to arrive to class on time which means at least several minutes before so that you are accessing Zoom several minutes ahead of class. Use a computer to access. You will need audio and visual on days we do activities in class.
- Zoom Etiquette:**
- This course will use UFs Zoom platform to deliver lectures and exams. PLEASE FAMILIARIZE YOURSELF WITH THIS PLATFORM.
 - Do not share your Zoom classroom link or password with others.
 - Students should turn their cameras ON especially required during Breakout Rooms.
 - Even though you may be alone at home, your professor and classmates can see you! While attending class in your pajamas is tempting, you need to dress appropriately, and behave like in class. Do not lounge in bed.

- Your Lecturer and classmates can also see what is behind you, so be aware of your surroundings. Make sure the background is not distracting or something you would not want your classmates to see.
- When in doubt use a virtual background. Some examples from IFAS can be found [Virtual Backgrounds - UF/IFAS \(ufl.edu\)](https://www.ufl.edu/ifas/virtual-backgrounds/) If you choose to use one, you should test the background out first to make sure your device can support it.
- Your background can express your personality but be sure to avoid using backgrounds that may contain offensive images and language.
- Mute is needed on your computer. Keep your microphone off. This is important to do. Only turn on if asking a question in class and for the Break-Out rooms.
- The best way to ask questions will be by using the Chat in Zoom. The TA's will monitor and let the Instructor know any questions that look generally useful.
- The Chat feature in Zoom is for questions and comments related to class only. It is not for chatting with other students except as pertaining to class content. The Chat space must remain professional.
- All correspondence should be via E-mail through the Canvas class (use student email only if Canvas not available – do not use personal email).
- When you send an email to your instructor or teaching assistants you should start the subject line - (last name): HUN 2201
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

E-mailing:

Course Description and Objectives

Fundamentals of Human Nutrition uses principles of biological sciences (e.g.- anatomy, physiology and biochemistry) to provide an overview of dietary guidance, properties, function, deficiencies, toxicities, requirements, and regulation of nutrients and their role in human health and disease.

The successful completion of this course will enable students to:

1. Make informed decisions about foods and dietary supplements by being able to discriminate legitimate from unfounded health recommendations using science-based principles.
2. Explain how nutrient requirements and recommendations in humans are determined and how this information is used to provide dietary guidance for the general population.
3. Evaluate and improve the nutritional quality of a diet using dietary analysis tools.
4. Describe the food sources, chemical forms, digestion, absorption, function, utilization, deficiency, and toxicity of nutrients required by humans.
5. Discuss the relationship between diet, human health and chronic diseases such as obesity, diabetes, cardiovascular disease, hypertension, osteoporosis, cancer, etc.
6. Explain the concepts of energy balance and metabolism.
7. Understand the fundamentals of Food Systems as it relates to Food Waste.

Course Activities

Lectures:

This course uses synchronous (LIVE) lectures delivered via Zoom. All students will receive Zoom links posted on Canvas Calendar to join the lecture and can also reach it through Zoom Conferences on the left-hand tabs in class site. You are expected to be in class and treat it just like a campus class being on time, dressed appropriately, and not eating. Your camera needs to be turned on during Breakout Rooms and you will be using audio too. During class, it will be difficult for the instructor to respond to questions, therefore, students are encouraged to submit their questions in the chat box in Zoom and the instructor and TAs will answer and post them on Canvas. PLEASE make sure your Zoom 'name' that shows onscreen includes at least your first initial and your last name so I can identify you have been in class. To familiarize yourself with Zoom go to <https://elearning.ufl.edu/zoom/>

Diet Analysis Project:

This will be a major project in which you will keep track of your diet for three days, enter the three days into a diet analysis program and then analyze the information. It is divided into a Practice Assignment and three parts of varying points between 10 and 20. (65 points)

Discussions:

There will be four Discussion Posts. Your main post (15 points) will be turned in by Monday evening of the week followed by replying to two other students (5 points each for 10 points) by Friday evening of the week. You are expected to write clear, detailed posts and replies showing knowledge, analysis and interest in the subject. (100 points)

Other Assignments:

There will be an Introductory Discussion (2.5 pts) and Introductory Quiz on the Syllabus (2.5 pts). There is a Gut Health Quiz (5 pts), and there is a Show & Tell assignment for 10 points. (20 points)

Extra Credit:

There will be Extra Credit offered up to a maximum of 10 points. A list of what is possible will be in Modules > Assignments along with the dropbox.

Attendance:

We meet 38 times, not including exam days. To encourage regular attendance, an Attendance grade will be given. Think of it as extra credit just for showing up to class. There are several methods for showing Attendance. The main method will be a 'quiz' question asked at the end of each class - the information needed to answer this question will have been given in that class period. Getting the question correct will count as attendance. On days where we have Breakout Rooms your participation in those will take precedence. A back-up method is that in each class, questions will be asked to be answered in the Chat. From this it will be seen that you attended class. Typing in Good Morning at the beginning, or Thank you at the end, though very nice, do not count towards Attendance. You will need to make comments or ask questions. Only 30 days will be counted towards Attendance in order to give you flexibility and account for some days when you are not able to be there. Each day up to 30 will be counted as 0.5 points for a total of 15 points. Some students will feel they can just watch the Recordings and not attend class, but excessive absences will lead to a failing grade being assigned. Excessive means absent over

12 classes as determined by participation in class. [Attendance Policies < University of Florida \(ufl.edu\)](https://ufl.edu) (15 pts)

Exams:

There will be four exams, about 50 questions each and counting 50 points each covering only the information covered in that Unit. There will be no cumulative exam. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice. For some questions you will need a calculator. Exams will be proctored by Honorlock in Canvas, and you will be audio and/or video recorded (see below for more information). Exams are closed book so read each chapter several times and study your notes frequently. The exams will be open from 7:00 AM to 11:59 PM of the exam day. There will be no class on that day. The last exam will be given during the scheduled day during finals week. Once you begin the exam, you must finish it in the time allotted. The clock is on the UF Server and once you begin it continues to run even if your system crashes so try logging back in and call **UF HELP DESK at (352) 392-4537** for help. The exam will be open 100 minutes which is twice as long as class time and this should accommodate most any special accommodations. Discuss any other needs with your Instructor. (200 points)

Course Evaluation

Grading:

| Assessment | Points | Total |
|---|--------|-------|
| Discussions - 4 | | |
| Main Post | 15 | 60 |
| Replies (2) – 5 each | 10 | 40 |
| Diet Analysis | | |
| Practice | 10 | 10 |
| Part One | 15 | 15 |
| Part Two | 20 | 20 |
| Part Three | 20 | 20 |
| Other Assignments Intro Discussion and Syllabus Quiz (2.5 each), gut health quiz, (5), Sugar Show & Tell (10) | 20 | 20 |
| Attendance (30 at 0.5 each) | 15 | 15 |
| Exams – 4 | 50 | 200 |
| | | |
| Total | | 400 |

There will be no 'curve' or rounding up and your course grade will be calculated as follows:

| | | | | | |
|----------------------|-----------|-------------|-------------|-------------|----|
| Grading Scale | 93 - 100% | A | 90 - 92.99% | A- | |
| 87 - 89.99% | B+ | 83 - 86.99% | B | 80 - 82.99% | B- |
| 77 - 79.99% | C+ | 73 - 76.99% | C | 70 - 72.99% | C- |
| 67 - 69.99% | D+ | 63 - 66.99% | D | 60 - 62.99% | D- |
| <60% | E | | | | |

Information on current UF grading policies for assigning grade points may be found [Grades and Grading Policies < University of Florida \(ufl.edu\)](#)

Course Policies

Course Attendance:

Attendance will be obtained from your participation in class. It is your responsibility to attend all lectures, obtain all instructional materials, and follow any class announcements. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 12 classes as determined by participation/questions answered in class. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas dropboxes. Discussions belong in the Discussion Board. It is up to you to check that your assignment is in/uploaded and that it is the correct version, meaning do not upload just the instructions thinking you have uploaded your answers. Acceptable file types include .docx and .pdf. The MAC file type of .pages is not acceptable. You have to 'save as' to an acceptable file type. Often visuals are needed as part of an assignment. .JPEG works well, .HEIC does not work. Keep a copy of all that you do including your Discussion Posts. This is useful in case an error happens and also for future needs. Do not email assignments.

Assignment Grading:

Please keep a digital copy of all of your assignments. After grading, read all notes the Instructor/TA has left you. If you still have questions/concerns then your TA will answer any of the questions regarding graded assignments. If there are still questions, then the Instructor will review for a re-grade. Be mindful that the entire assignment will be re-graded and may result in a lower grade. If you choose to compare your assignment grade to another student's assignment grade, then both assignments will need to be submitted for re-grading.

Technology Issues:

A good method for resolving technical issues is to visit the helpdesk website <https://helpdesk.ufl.edu/> or call 352-392-4357. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc.

Online Proctoring:

Honorlock will proctor your exams this semester. You DO NOT need to create an account or schedule an appointment in advance. Honorlock is available 24/7 (though be aware that the exam is not open for 24 hours), and all that is needed is a computer, a working webcam, and a stable internet connection. To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at

www.honorlock.com/extension/install When taking an exam, you will need to be in Google Chrome. A practice quiz will be available for all students to prepare their computers for the exams. When you are ready to take the practice quiz, log into Canvas, go to your course, and click on the exam. Clicking 'Launch Proctoring' will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it is on a secondary device. Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (855-828-4004), and/or email (support@honorlock.com).

Exam Make-up Policy:

Make-up exams may not be provided unless there are extenuating circumstances (e.g., illness, medical, death in family, etc). Contact your instructor immediately by Canvas mail or email (skbrunnig@ufl.edu) to provide appropriate documentation of the absence and discuss the situation and to make suitable arrangements for a make-up exam. The make-up exam may be in a different format than the one provided to your classmates. If you have been doing your studying and assignments regularly and ahead of time, then the chances of not being prepared when an emergency strikes are much less.

Late Policy:

Students are expected to submit all assignments on time. Work ahead so that you are not racing to finish at the last minute. Each student will start the semester with four 'tokens' that allow for being late. The token allows for a Discussion Main Post OR Replies to be late by one day. The token allows for other assignments like the Diet Analysis parts to be late one week. To use the token, you will write your TA and the TA will record it in the discussion/assignment comments and also on a main page. IF you are out of tokens, or past the times allowed by the token, then the item will revert to the following: Assignments not turned in on time will be subject to a 5% late penalty imposed for each day that the assignment is late to a maximum off of 30%. Assignments not turned in at all will of course receive a zero. Late assignments may or may not be accepted at the discretion of the instructor.

If you must miss an assignment or exam due to a University-approved reason (e.g., university sanctioned athletics, competition), you may complete the exam **after** your absence if documentation of the anticipated absence is provided to your instructor. The scheduled make-up exam (date and time) is at the discretion of the Instructor. Contact your Instructor well in advance to coordinate a mutually convenient alternative exam time.

Special Accommodations:

The Disability Resource Center, 0001 Reid Hall, 352-392-8565 [Disability Resource Center - Disability \(ufl.edu\)](http://DisabilityResourceCenter-Disability(ufl.edu)), is the place to go to discuss and have approved any special accommodations. The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. They will send your Instructor a letter. You may want to check with the Instructor that the letter has been received. Tests are going to be open

double time (100 minutes) anyways, so that will cover most needs for longer testing periods. If there is anything about the course that you are having trouble accessing, please let your Instructor/TA know.

Lecture and HonorLock Recordings

Our class sessions will be audio visually recorded for students in the class to refer to. Office hours are subject to be audio visually recorded and students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, then check with the Dean of Students to get a waiver. Likewise, students who un-mute during office hours and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during office hours or lecture, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. See below for more information on recordings of lectures.

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."* You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: **"On my honor, I have neither given nor received unauthorized aid in doing this assignment."** It is assumed that you will complete all work independently in this course, unless I give explicit permission for you to collaborate on course tasks (e.g. in-class assignments). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code>.

In-Class Recording:

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Other Information

Online Course Evaluation Process: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>

Software Use: All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources: Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university’s counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Health and Wellness:

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care](#) website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).

Field and Fork Food Pantry: Available for any student, staff, faculty experiencing food insecurity. Bring your Gator1 Card.

University Police Department: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

[Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

[Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

[Student Complaints On-Campus](#): Visit the Student Honor Code and Student Conduct Code webpage for more information.

[On-Line Students Complaints](#): View the Distance Learning Student Complaint Process.

HUN2201 FALL 2023 Class Schedule

(Dr. Brunnig reserves right to make changes as needed. You will be informed ahead of these changes. Readings outside of the Text are posted in the PPs)

| Date | Day of Week | Class Topic | Reading and Assignments |
|--------|-------------|---|---|
| Aug 23 | W | Introduction to class Chapter One: Food Choices, Ultra-processed Foods, Nutrients | Chapter One |
| Aug 25 | F | Chapter One: Kcal Calculations, Nutrition Research, DRI's | Chapter One Introduce Yourself Discussion Introductory Syllabus Quiz due Sunday |
| Aug 28 | M | Chapter One: Nutrition Assessment, Diet and Health, Nutrition Misinformation Introduce Diet Analysis Project/website Cronometer/how to record foods | Chapter One and Highlight |
| Aug 30 | W | Chapter Two: Diet Planning Principles, Guides, Food Patterns | Chapter Two Collect several food labels to have ready for class next week |

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| | | | (complete box, package, not just the Nutrient Facts Panel) Library Research – video to watch in Modules |
| Sept 1 | F | Chapter Two: Serving Sizes, Ethnic Food Choices, MyPlate, Whole Grains | Chapter Two Have Food Labels with you for Wednesday's class Prepare Discussion Post One for TUESDAY Sept 5 |
| Sept 4 | M | LABOR DAY HOLIDAY | |
| Sept 5 | T | | Turn in Discussion One Main Post |
| Sept 6 | W | Chapter Two: Food Labels, Vegetarian Diets | Chapter Two and Highlight Have Food Labels with you for today's class |
| Sept 8 | F | Class Activity Breakout Rooms on Chapter One and Two Chapter Three: Anatomy, Muscular | Chapter Three Turn in Discussion Replies by tonight |
| Sept 11 | M | Chapter Three: Secretions, Absorption, Circulatory Systems | Chapter Three Do Gut Health Quiz Diet Analysis Practice Quiz due |
| Sept 13 | W | Chapter Three: Health and Regulation of GI Tract Chapter Three: Common Digestive Problems | Chapter Three Record food intake for Diet Analysis Part One due Sept 22 – three normal days |
| Sept 15 | F | Microbiota guest lecture – Dr. Oli Practice Questions and Calculations | Chapter Three: Highlight Print-out copy of Carb Digestion found in Unit Two to have for class on Wednesday |
| Sept 18 | M | Exam One – Chapters 1,2,3 – no class meeting | |
| Sept 20 | W | Chapter Four: Chemistry, Digestion, Absorption | Chapter Four Have print-out with you for class |

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| | | | Record food intake for Diet Analysis Part One due Sept 22 – three normal days |
| Sept 22 | F | Chapter Four: Glucose in the Body | Chapter Four Have print-out with you for class Turn in Diet Analysis Part One Prepare for Sugar Show & Tell for uploaded discussion on Monday |
| Sept 25 | M | Chapter 18.5: Diabetes | Diabetes from Chapter 18.5 Turn in Sugar Show & Tell Assignment in special discussion |
| Sept 27 | W | Chapter Four: Health Effects and Intakes Sugars, Starches, Fiber | Chapter Four |
| Sept 29 | F | Chapter Five: Chemistry Fatty Acids, Triglycerides | Chapter Five Replies due for Special Discussion Prepare Discussion Post Two for Monday |
| Oct 2 | M | Chapter Five: Chemistry Phospholipids and Sterols, Digestion, Absorption | Chapter Five Turn in Discussion Two Main Post |
| Oct 4 | W | Chapter Five: Lipid Transport, Lipids in the Body, Health Effects | Chapter Five Turn in Discussion Replies by Friday – so can do by Thursday |
| Oct 6 | F | HOMECOMING HOLIDAY | |
| Oct 9 | M | Chapter 18.3: Heart Disease Breakout Room on Chapter Four and Five | Chapter 18.3 Work on Diet Analysis Part Two - Due Oct 16 |
| Oct 11 | W | Exam Two – Chapters 4,5,18.3,18.5 – no class meeting | |
| Oct 13 | F | Chapter Six: Chemistry, Digestion, Absorption | Chapter Six Work on Diet Analysis Part Two - Due Oct 16 |
| Oct 16 | M | Chapter Six: Proteins in Body, Protein in Foods, Health Effects | Chapter Six |

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|--------|---|--|---|
| | | | Turn in Diet Analysis Part Two |
| Oct 18 | W | Chapter Six: Nutritional Genomics Guest Speaker Dr. Stair Inorganic, Organic, GMO foods | Chapter Six and Highlight |
| Oct 20 | F | Chapter Seven: Alcohol Metabolism, Chemical Reactions, Breaking Down Nutrients | Chapter Seven: Highlight Chapter Seven |
| Oct 23 | M | Chapter Seven: Feasting and Fasting Breakout Room Chapter Six and Seven | Chapter Seven |
| Oct 25 | W | Actions to Reduce Food Waste Chapter Eleven Highlight: Antioxidant Nutrients | PP on Food Waste Chapter Eleven: Highlight |
| Oct 27 | F | Chapter Ten: Overview, Thiamin to Niacin | Chapter Ten Prepare Discussion Post Three for Monday |
| Oct 30 | M | Chapter Ten: Folate, B12, C | Chapter Ten Turn in Discussion Three Main Post |
| Nov 1 | W | Chapter Ten: Supplements Chapter Eleven: Fat Soluble Vitamins A | Chapter Ten: Highlight Chapter Eleven |
| Nov 3 | F | Chapter Eleven: Fat Soluble Vitamins D, E, K | Chapter Eleven Discussion Post Replies Due |
| Nov 6 | M | Chapter 18.6: Nutrition and Cancer Practice Questions | Chapter Eighteen Section 18.6 |
| Nov 8 | W | Exam Three – Chapters 6, 7, 10, 11 – no class meeting | |
| Nov 10 | F | VETERANS DAY HOLIDAY | Chapter Twelve |
| Nov 13 | M | Chapter Twelve: Water, Minerals Overview | Chapter Twelve Work on Diet Analysis Part Three - Due Nov 27 |
| Nov 15 | W | Chapter Twelve: Sodium, Potassium | Chapter Twelve |
| Nov 17 | F | Chapter Twelve: Calcium Chapter Thirteen: Highlight - Phytochemicals and Functional Foods | Chapter Thirteen: Highlight |
| Nov 20 | M | Chapter Thirteen: Overview, Iron, Zinc | Chapter Thirteen |

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| | | | Prepare Discussion Post Four for next Monday and Work on Diet Analysis Part Three - due Monday |
| <i>Nov 22, 24</i> | <i>W, F</i> | THANKSGIVING HOLIDAY | |
| Nov 27 | M | Chapter Thirteen: Copper, Iodine Breakout Room on Minerals | Chapter Thirteen Discussion Four Main Post Turn in Diet Analysis Part Three |
| Nov 29 | W | Chapter Eight: Energy In, Energy Out | Chapter Eight |
| Dec 1 | F | Chapter Eight: Body Weight, Body Composition Possible Guest Speaker - Intuitive Eating – | Chapter Eight Discussion Post Replies Due |
| <i>Dec 4</i> | <i>M</i> | Chapter Eight: Health Risks Chapter Nine: Overweight/Obesity, Causes | Chapter Eight Chapter Nine |
| <i>Dec 6</i> | <i>W</i> | Chapter Nine: Problems, Treatments, Strategies | Chapter Nine |
| <i>Dec 7, 8</i> | <i>Th, F</i> | Reading Days | |
| Dec 12 | Tues | 3:00 – 5:00 PM is official time – but it will be open all day through till 11:59 PM Final – Exam Four - Chapters 12, 13, 8, 9 | open all day from 7:00 AM to 11:59 PM |