

**HUN 2201**  
**Fundamentals of Human Nutrition**  
**Spring 2025**

**Credits:** 3 hours  
**Class Meetings:** MWF | Period 3 | 9:35 AM – 10:25 AM  
**Location:** Online synchronous (live)  
**Lecturer:** Dr. Sarah Brunnig, DCN, RDN  
**Contact:** Office: Building 120 (AFPP) Rm 104B (building next to main FSHN by pond)  
Email: [skbrunnig@ufl.edu](mailto:skbrunnig@ufl.edu) (use mail function in Canvas as best)  
Office Hours: 11:00 – 12:00 Mon and Wed  
1:30 – 3:00 Thurs  
7:00 PM – 8:00 PM Mon evenings (maybe)(zoom only)  
In office and also on Zoom - <https://ufl.zoom.us/j/6037582434>  
Other times available as needed.

**Teaching Assistant:** Dylan Blaufus  
Email: [dblaufus@ufl.edu](mailto:dblaufus@ufl.edu)  
Office Hours: Mondays 10:30-11:30 - zoom  
Thursdays 2:50-3:40 - zoom  
Zoom link: <https://ufl.zoom.us/j/8391440380>  
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:** Nutrition for a Changing World, Macmillan Press, 2<sup>nd</sup> edition  
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/uf-all-access)

**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.
- Do not share your Zoom classroom link or password with others.
- Students should turn their cameras ON 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. 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 and Sustainability.

## 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 and dressed appropriately. 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 answers in 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/>

### AnalyzeMyDiet Project:

This will be a major project in which you will keep track of your diet for three days, enter the day into a diet analysis program and then analyze the information. This will be accomplished in ACHIEVE (see below). The diet part of the assignment is divided into six parts of 20 points each. (120 points)

### Discussions:

There will be four Discussion Posts. Your main post (20 points) will be turned in by Monday evening of the week followed by replying to two other students (2.5 points each for 5 points) by Sunday evening of the week. You are expected to write clear, detailed posts and replies showing knowledge, analysis and interest in the subject. Your writing is expected to be your own and not to be from anything similar to Artificial Intelligence - This includes but is not limited to generative artificial intelligence, large language models, content generation bots, or other non-human intelligence or digital tools. All writing is to be properly attributed both by in-text citations and by a reference list at the end. (100 points)

### Other Assignments:

There will be an Introductory Discussion (2.5 pts) and Introductory Quiz on the Syllabus (2.5 pts). There is also a Second Week 'quiz' (5 pts). An Intro 'Quiz' and Checkpoint 'Quiz' in ACHIEVE are 5 pts each. (20 points)

### ACHIEVE:

Macmillan publishing has a set of Courseware that accompanies our textbook. ACHIEVE will be integrated right into CANVAS so you will not have to be jumping back and forth between Learning Systems. You may read the text online in there. There are Adaptive Reading Quizzes to be taken as finish each chapter. These are designed to help you move through the Chapter understanding the points. This will be worth 6 points per Quiz. (15 quizzes = 90 pts)

### Extra Credit:

There will be two Extra Credits offered each worth five points and you may do two of these for a maximum of 10 points. A list of what is possible will be in Modules > Assignments along with the dropbox.

## Attendance:

We meet 37 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 via participation in iClicker. This is an app you will download on your phone, then you use it to answer the questions asked during the Lecture. In each Lecture there will be a few questions that will be multiple choice. Your answers will be recorded. 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 1 point for a total of 30 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 16 classes as determined by participation in class. As per UF Attendance Policy, after due warning, an instructor can prohibit further attendance and subsequently assign a failing grade for excessive absences. [Attendance Policies < University of Florida \(ufl.edu\)](#) (30 pts)

## Exams:

There will be four exams, 100 points each of about 50 questions each and 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 including calculations and will be predominately multiple-choice. For some questions you will need a calculator. Exams are on the ACHIEVE site but they will be proctored by Honorlock in Canvas and so you will enter the Exam via HonorLock, 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. (400 points)

## Course Evaluation

### Grading:

Assessment	Points	Total
Discussions - 4		
Main Post	20	80
Replies (2) – 2.5 each	5	20
AnalyzeMyDiet		
(6) @ 20 points each	20	120
Adaptive Reading Quizzes (15) – 6 points each	6	90
Other Assignments Intro Discussion and Syllabus Quiz (2.5 each), and Second Week Quiz, (5), Intro Quiz and Checkpoint Quiz (5 each)	20	20

Attendance (30 at 1 each)	30	30
Exams – 4	100	400
Total		760

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

<b>Grading Scale</b>	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 16 classes as determined by participation/questions answered in class via iClicker. [Attendance Policies < University of Florida \(ufl.edu\)](#)

### Assignments:

Assignments are turned in through Canvas dropboxes or in ACHIEVE which is connected to CANVAS. 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. ACHIEVE has ways to contact them and also iClicker.

### Online Proctoring:

Honorlock will proctor your exams this semester. You DO NOT need to create an account or schedule an appointment in advance. All that is needed is a computer, a working webcam, a stable internet connection, and your ID. 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](http://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 find it in Modules > Getting Started. When ready to take the real Exam, go to HonorLock and look for the Exam. The Exam is actually in ACHIEVE but HonorLock will connect to it. 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](mailto: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](mailto: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. Since the Exam is open all day, that should give you time to take it sometime during that day.

### 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. ACHIEVE assignments not turned in on time will be subject to a late penalty imposed for each day that the assignment is late up to a certain amount. 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:**

In CANVAS on the left side tabs is **Campus Resources tab** which leads you to much useful information.

**U Matter, We Care:** If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto: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](mailto: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 SPRING 2025 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 and Discussions)

Date	Day of Week	Class Topic	Reading and Assignments
Jan 13	M	Chapter One: Introduction to CANVAS and ACHIEVE, Food Provides Nutrients and Energy, Calculations  Setting up iClicker	Chapter One  Participate in the iClicker questions in each lecture to show attendance – also contribute to the CHAT at least several times as a back-up that you are here  A good pattern is to lightly read the text sections before each class, then to go back for a more thorough study. At the end of each Chapter, you then do the Adaptive Reading Quiz for that Chapter.
Jan 15	W	Chapter One: Nutrient and Energy Recommendations	Chapter One

			Participate in the iClicker questions in each lecture to show attendance – also contribute to the CHAT at least several times as a back-up that you are here
Jan 17	F	Chapter One: Nutrition Science and Research, Nutrition Misinformation, My Background	Chapter One  Do the Chapter One Adaptive Reading Quiz – this is an assignment – best done right as we finish each chapter instead of waiting till right before the Exam  <b>Introductory Discussion Post within your Discussion Group</b> <b>Introductory Syllabus Quiz</b> <b>Intro Survey ACHIEVE</b> <b>All due by Sunday Jan 19</b>
Jan 20	M	HOLIDAY	
Jan 22	W	Chapter Two: Ultra-Processed Foods, Healthy Diets, Dietary Guidelines	Chapter Two  Reminder to participate in the iClicker questions in each lecture to show attendance – also contribute to the CHAT at least several times as a back-up that you are here  Collect several food labels to have ready for class next Monday (complete box, package, not just the Nutrient Facts Panel)  Take Second Week ‘Quiz’ by Sunday Jan 26 – this is just to make sure you know how class operates
Jan 24	F	Introduce AnalyzeMyDiet Project/ How to record foods  Chapter Two: MyPlate, Portion Sizes	Chapter Two  Library Research – <b>video to watch</b> in Modules  Collect several food labels to have ready for class next Monday (complete box, package, not just the Nutrient Facts Panel)  After today, Record Three Days of Food - have this done before Sunday Feb 2 as you then have to enter the foods and do an assignment with the information –

			<p>one weekend day and two week days is a good arrangement</p> <p>There is a Practice Breakout Room on Monday - be on your computer (not phone) and with audio and visual</p> <p>Prepare Discussion Post One for Monday</p> <p><b>Take Second Week 'Quiz' by Sunday Jan 26 – this is just to make sure you know how class operates</b></p>
Jan 27	M	<p>Chapter Two: Food Labels</p> <p>Practice Breakout Room – be on your computer (not phone) - have audio/visual on – know your Group number, learn how to manipulate slide, and turn it in</p>	<p>Chapter Two</p> <p>Have Food Labels with you today</p> <p>Do the Chapter Two Adaptive Reading Quiz as we finish this Chapter</p> <p><b>Turn in Discussion One Main Post</b></p>
Jan 29	W	<p>Class Activity Breakout Rooms on Chapter One and Two</p> <p>Chapter Three: Mechanical and Chemical Digestion</p>	<p>Breakout Room PP</p> <p>Breakout Rooms Today – be on your computer (not phone) and with audio and visual</p> <p>Chapter Three</p> <p>Record Three Days of Food - have this done before Sunday Feb 2 so you can do the AnalyzeMyDiet Food Groups Assignment by Sunday Feb 2</p>
Jan 31	F	<p>Chapter Three: Mechanical and Chemical Digestion, Path of Digestion, Small Intestine</p>	<p>Chapter Three</p> <p><b>Do Discussion Replies by Sunday Feb 2</b></p> <p><b>AnalyzeMyDiet Food Groups Assignment due Sunday Feb 2</b></p>
Feb 3	M	<p>Chapter Three: Small and Large Intestine, Gut Microbiome</p>	<p>Chapter Three</p> <p>Adaptive Reading Quizzes Chapters 1,2,3 due Sunday before exam</p>
Feb 5	W	<p>Chapter Three: Common Digestive Disorders</p>	<p>Chapter Three</p> <p>Do the Chapter Three Adaptive Reading Quiz as we finish this Chapter</p>

Feb 7	F	Chapter Fourteen: First section on Food and Nutrition Security  Any Questions on Exam?	Chapter Fourteen - not being tested on this but this information is setting stage for our Discussion in Unit Three – We will do more of this Chapter later  <b>Adaptive Reading Quizzes Chapters 1,2,3 due tomorrow (Sunday) before exam</b>
Feb 10	M	<b>Exam One – Chapters 1,2,3 – no class meeting</b>	
Feb 12	W	Chapter Four: What are Carbohydrates, Whole Grains	Chapter Four  <b>Print-out copy</b> of Carb Digestion found in Unit Two to have for class on Friday  Checkpoint Survey One due Feb 16
Feb 14	F	Chapter Four: Digestion, Glucose in the Body, Added Sugars, Sugar Alternatives	Chapter Four  <b>Have print-out</b> with you for class  <b>Checkpoint Survey One due Feb 16</b>
Feb 17	M	Chapter Four: Fiber, Intake Recommendations	Chapter Four  Do the Chapter Four Adaptive Reading Quiz as we finish this Chapter
Feb 19	W	Chapter Four Spotlight: Diabetes	Chapter Four  Do the Chapter Four Spotlight Adaptive Reading Quiz as we finish this Spotlight  Prepare for Discussion Two Sugar Show & Tell for next Monday - this takes gathering some supplies and making a short presentation either visual or video and summarizing an article  Work on AnalyzeMyDiet Carbohydrate Assignment due Sunday Feb 23
Feb 21	F	Chapter Five: What are Lipids	Chapter Five  This is the hardest chapter in the text  <b>AnalyzeMyDiet Carbohydrate Assignment due Sunday Feb 23</b>
Feb 24	M	Chapter Five: Digestion, Absorption, Transport	Chapter Five

			<b>Turn in Discussion Two Main Post</b>
Feb 26	W	Chapter Five: Essential Fatty Acids, Trans Fats, Recommendations	Chapter Five  Do the Chapter Five Adaptive Reading Quiz as we finish this Chapter  Adaptive Reading Quizzes Chapters 4 and 5 and both Spotlights due Sunday before exam  Work on AnalyzeMyDiet Lipid Assignment due Mar 2  <b>Do Discussion Replies by Sunday Mar 2</b>
Feb 28	F	Chapter Five Spotlight: Lipids in Health and Disease  Breakout Room on Chapter Four and Five	Chapter Five Spotlight  Breakout Rooms Today – be on your computer (not phone) and with audio and visual  Do the Chapter Five Spotlight Adaptive Reading Quiz as we finish this Spotlight  <b>Discussion Replies due Sunday Mar 2</b>  <b>AnalyzeMyDiet Lipid Assignment due Sunday Mar 2</b>  <b>Adaptive Reading Quizzes Chapters 4 and 5 and Spotlights due Sunday Mar 2 before exam</b>
Mar 3	M	<b>Exam Two – Chapters 4, 5, and Spotlights – no class meeting</b>	
Mar 5	W	Chapter Six: Structure, Synthesis, Functions	Chapter Six  Work on AnalyzeMyDiet Protein Assignment due Sunday Mar 9
Mar 7	F	Chapter Six: Sources, Quality, Deficiency, High-Protein	Chapter Six  Do the Chapter Six Adaptive Reading Quiz as we finish this Chapter  <b>AnalyzeMyDiet Protein Assignment due Sunday Mar 9</b>
Mar 10	M	Chapter Six Spotlight – Plant-Based Diets, Cancer, Phytochemicals	Chapter Six Spotlight

			Do the Chapter Six Spotlight Adaptive Reading Quiz as we finish this Spotlight  <b>First Extra Credit due by Sunday Mar 30– if you turn one in by Mar 30 then you may turn another in by Wed Apr 30– if you do not turn one in by Mar 30, then the most you can do is one by Apr 30</b>
Mar 12	W	Chapter Thirteen: Alcohol	Chapter Thirteen  No Adaptive Reading Quiz for Alcohol
Mar 14	F	Chapter Fourteen: Second section on Food Waste, GMO's, Organic	Chapter Fourteen - not being tested on this but this information is setting stage for our Discussion in Unit Three – We did the first part of this Chapter earlier
Mar 17 - 21		SPRING BREAK	
Mar 24	M	Chapter Fifteen (only online): Introduction, Overview of Energy Metabolism, Breakdown of Glucose	Chapter Fifteen (only online)
Mar 26	W	Chapter Fifteen: Fatty Acid Oxidation, Ketogenesis, Amino Acids, Feasting/Fasting, Inborn Errors	Chapter Fifteen (only online)  Do the Chapter Fifteen Adaptive Reading Quiz as we finish this Chapter  Prepare Discussion Post Three for Monday
Mar 28	F	Breakout room on Protein and Metabolism  Chapter Seven: Introduction, Vitamin A, Antioxidants	Chapter Seven  <b>First Extra Credit due by Sunday Mar 30– if you turn one in by Mar 30 then you may turn another in by Wed Apr 30– if you do not turn one in by Mar 30, then the most you can do is one by Apr 30</b>  <b>AnalyzeMyDiet Protein Assignment due Sunday Mar 30</b>
Mar 31	M	Chapter Seven: Vitamin D, Vitamin E and K  Chapter Eight: Introduction, begin B-vitamins	Chapter Seven  Chapter Eight  Adaptive Reading Quizzes Chapters 6, 15, 7 and 8 and Spotlight due Sunday before exam

			<b>Turn in Discussion Three Main Post</b>
Apr 2	W	Chapter Eight: Continue B-Vitamins	Chapter Eight
Apr 4	F	Chapter Eight: Folate and B12, Vitamin C  Any Questions on Exam?	Chapter Eight  Do the Chapter Eight Adaptive Reading Quiz as we finish this Chapter  <b>Adaptive Reading Quizzes Chapters 6, 15, 7 and 8 and Spotlight due Sunday before exam</b>  <b>Discussion Post Replies Due Sunday Apr 6</b>
Apr 7	M	<b>Exam Three – Chapters 6, 15, 7, 8 and Spotlight – no class meeting</b>	
Apr 9	W	Chapter Nine: Overview, Calcium, Magnesium	Chapter Nine  Work on AnalyzeMyDiet Vitamin Assignment due Sunday Apr 13
Apr 11	F	Chapter Nine: Sodium, Potassium, Water	Chapter Nine  Do the Chapter Nine Adaptive Reading Quiz as we finish this Chapter  Prepare Discussion Post Four for Monday  <b>AnalyzeMyDiet Vitamin Assignment due Sunday Apr 13</b>
Apr 14	M	Chapter Ten: Overview, Iodine, Iron	Chapter Ten  <b>Turn in Discussion Four Main Post</b>
Apr 16	W	Chapter Ten: Iron, Zinc  Chapter Ten Spotlight on Supplements	Chapter Ten  Chapter Ten Spotlight (no adaptive quiz for this)  Work on AnalyzeMyDiet Mineral Assignment due Sunday Apr 20  Do the Chapter Ten Adaptive Reading Quiz as we go finish this Chapter
Apr 18	F	Breakout Room on Minerals	Chapter Eleven

		Chapter Eleven: Energy In/Out, Hunger	<b>Discussion Post Replies due Sunday Apr 20</b>  <b>AnalyzeMyDiet Mineral Assignment due Sunday Apr 20</b>
Apr 21	M	Chapter Eleven: Energy In/Out, Hunger	Chapter Eleven  Adaptive Reading Quizzes Chapters 9, 10, 11 due Thursday May 1
Apr 23	W	Chapter Eleven: Weight Gain, Energy Balance, NEAT  Any Questions on Exam?	Chapter Eleven  Do the Chapter Eleven Adaptive Reading Quiz as we finish this Chapter
Apr 24/25	Th/F	<b>READING DAYS</b>	<b>Extra Credit due by Wednesday Apr 30</b>  <b>Adaptive Reading Quizzes Chapters 9, 10, 11 due Thursday May 1</b>
May 1, 2	Th/Fr	<b>Friday May 2 is our Official Testing Date but the test will also be open Thursday to give you some flexibility</b> <b>Final – Exam Four - Chapters 9, 10, 11, Spotlight</b>	<b>Open from Thursday morning 7:00 AM to Friday evening 11:59 PM</b>