

Date	Tentative Lecture Topic	Readings	Due Dates
9/25	Class Introduction Introducing the Nutrients Nutrition Research	Chapter 1: p. 11-24	
10/2	Virtual Class: Fat & Heart Disease (Watch 2:50-1:16) Video: The Hidden Epidemic Avail. online or Library Express (Watch chapters 2,4-6, 8-10)	https://deimos.apple.com/WebObjects/Core.woa/BrowsePrivately/deanza.edu.1735577075 Chapter 6: p. 168-176, 179-191, 194-198 http://www.pbs.org/wgbh/takeonestep/heart/	
10/9	MN Semi-Starvation Study Protein Preparation time with group	They Starved So That Others Be Better Fed http://jn.nutrition.org/cgi/content/full/135/6/1347 Chapter 7: p. 210-222, 224-237	Sign up for Group Presentations
10/16	Exam #1 Carbohydrates	Bring scantron (882-E or 2052) and #2 pencil Chapter 5: p. 134-139, 142-152, 158-160	
10/26	Carbohydrates & Metabolic Syndrome Genetically Engineered Foods Video: Harvest of Fear	Chapter 14: p. 613-619	Diet Analysis Check (Part 1)
10/30	Genetically Engineered Foods, Discussion Group Presentations	Presentation References Due	
11/6	Eating in a Sustainable Way: Organic Farming Exam #2	Chapter 14: p. 598-602 Bring Scantron & #2 pencil	
11/13	NO CLASS	Happy Veteran's Day!	
11/20	Energy Balance & Weight Video: Fat: What No One is Telling You Water, Vitamins and Minerals	Chapter 8: p. 272—285, 289-303 Chapter 9 & 10 - Bring Textbook	Diet Analysis Check (Part 2)
11/27	NO CLASS	Happy Thanksgiving!	
12/4	Reading Labels & Fair Trade Label Reading Assignment	Chapter 2: p. 51-60 - Bring any food label After break time: Go to Whole Foods Market 20955 Stevens Creek Blvd, Cupertino	Diet Analysis Due (Parts 1-3)
12/8	Final Exam @ 9:15	Bring scantron and #2 pencil	

