

Date	Topic	Readings	Due Dates
1/9 M	Class Introduction Introducing the Nutrients	Chapter 1: p. 13-28	
1/11 W	Nutrition Research		
1/16 M	Holiday – No class		
1/18 W	<u>Video</u> : Semi-Starvation Study & Discussion	They Starved So Others Be Better Fed http://jn.nutrition.org/cgi/content/full/135/6/1347	Bring Video Discussion Questions (on class website)
1/23 M	Protein Fat & Heart Disease	Chapter 6: p. 185-218	
1/25 W	Fat & Heart Disease	Chapter 5: p. 145-184	
1/30 M	<u>Video</u> : The Hidden Epidemic Review for exam		Diet Analysis Check (Part 1)
2/1 W	Exam #1	Bring scantron (882-E or 2052) #2 pencil	
2/6 M	Genetically Engineered Foods <u>Video</u> : Harvest of Fear	Chapter 12: p. 479-485	
2/8 W	GE Foods, Discussion Overview-Diet Analysis Part 2		
2/13 M	Eating in a Sustainable Way: Organic Farming	Chapter 12: p. 462-478	
2/15 W	<u>Video</u> : Food Inc. & Discussion		
2/20 M	Holiday – No class		Diet Analysis Check (Part 2)
2/22 W	<u>Video</u> : Food Inc. & Discussion		
2/27 M	Carbohydrates	Chapter 4: 103-144	
2/29 W	Metabolic Syndrome Review for exam		
3/5 M	Exam #2 <u>Video</u> : Fat: What No One is Telling You	Bring scantron & #2 pencil	
3/7 W	Energy Balance & Weight	Chapter 9: p. 320-366	
3/12 M	Water & Vitamin & Minerals	Chapter 7 & 8	Bring Textbook
3/14 W	Phytochemicals	Chapter 2: p. 60-65	Diet Analysis Due (Parts 1-3)
3/19 M	Food Labels & Certifications <u>Video</u> : Fair Trade	Chapter 2: p. 49-59	
3/21 W	Label Reading Assignment	Meet at Whole Foods Market @ 10:30 20955 Stevens Creek Blvd	Bring class notes
Friday 3/30	Final Exam @ 9:30	Bring scantron and #2 pencil	

