

<b>Date</b>	<b>Tentative Lecture Topic</b>	<b>Readings</b>	<b>Due Dates</b>
9/22 T	Class Introduction		
9/24 Th	Introducing the Nutrients Nutrition Research	Chapter 1: p. 11-24	
9/29 T	MN Semi-Starvation Study Databases for Research	They Starved So That Others Be Better Fed <a href="http://jn.nutrition.org/cgi/content/full/135/6/1347">http://jn.nutrition.org/cgi/content/full/135/6/1347</a>	<b>Sign up for Group Presentations</b>
10/1 Th	Protein Preparation time for groups	Chapter 7: p. 210-222, 224-237	
10/6 T	Fat & Heart Disease	Chapter 6: p. 168-176, 179-191, 194-198	
10/8 Th	<u>Video</u> : The Hidden Epidemic Exam review		
10/13 T	<b>Exam #1</b>	Bring scantron (882-E or 2052) and #2 pencil	
10/15 Th	Carbohydrates	Chapter 5: p. 134-139, 142-152, 158-160	
10/20 T	Carbohydrates & Metabolic Syndrome		
10/22 Th	Genetically Engineered Foods <u>Video</u> : Harvest of Fear	Chapter 14: p. 613-619	
10/27 T	Genetically Engineered Foods, Discussion		<b>Diet Analysis Check (Part 1)</b>
10/29 Th	<b>Group Presentations</b>	Presentation References Due	
11/3 T	<b>Group Presentations</b> Diet Analysis Overview	Presentation References Due	
11/5 Th	Eating in a Sustainable Way: Organic Farming	Chapter 14: p. 598-602	
11/10 T	<b>Exam #2</b>	Bring Scantron & #2 pencil	
11/12 Th	<u>Video</u> : Fat: What No One is Telling You		
11/17 T	Energy Balance & Weight	Chapter 8: p. 272—285, 289-303	<b>Diet Analysis Check (Part 2)</b>
11/19 Th	Water, Vitamins and Minerals	Chapter 9 & 10 - <b>Bring Textbook</b>	
11/24 T	Phytochemicals	Chapter 2: p. 69-72	
11/26 Th	<b>NO CLASS</b>	Happy Thanksgiving!	
12/1 T	Reading Labels & Fair Trade	Chapter 2: p. 51-60 - <b>Bring any food label</b>	<b>Diet Analysis Due (Parts 1-3)</b>
12/3 Th	<b>Label Reading Assignment</b>	<b>Meet at Whole Foods Market @ 9:30 20955 Stevens Creek Blvd, Cupertino</b>	
<b>12/10</b>	<b>Final Exam @ 9:15</b>	Bring scantron and #2 pencil	

