

**LECTURE SCHEDULE**

<b><u>DATE</u></b>	<b><u>TOPIC</u></b>	<b><u>CHAPTER IN TEXT</u></b>
8/22	Introduction	First day handout
8/27	Intro. to Nutrition	1
8/29	Nutritional Labeling	2
9/3	NO CLASS	
9/5	Nutritional Labeling	2
9/10	Digestion	3
9/12	Digestion, Absorption	3
9/17	Absorption	3
9/19	REVIEW FOR EXAM 1	
9/24	<b>EXAM 1 (Ch. 1, 2, 3)</b>	
9/26	Library Day	
10/1	Carbohydrates	4
10/3	Carbohydrates	4
10/8	Lipids	5
10/10	Lipids	5
10/15	Lipids	5
10/17	REVIEW FOR EXAM 2	
10/22	<b>EXAM 2 (Ch. 4 &amp; 5)</b>	
10/24	Proteins	6
10/29	Proteins	6
10/31	Proteins	6
11/5	Vitamins	7
11/7	Vitamins	7
11/12	REVIEW FOR EXAM 3	
11/14	<b>EXAM 3 (Ch. 6 &amp; 7)</b>	
11/19	Minerals and Water	8
11/21	Minerals and Water	8
11/26	Minerals and Water	8
11/28	Energy Balance and Weight Control	9
12/3	Energy Balance and Weight Control	9
12/5	Energy Balance and Weight Control	9
12/10	REVIEW FOR EXAM 4	
12/12	<b>EXAM 4 (Ch. 8 &amp; 9)</b>	