

## Biology 1400 Fall 2007

DATE	ACTIVITY	HOMEWORK	TURN IN
Aug 22	Ch 1: What You Eat & Why	Ch 1 Rate Your Plate	
Aug 29	Ch 2: Tools for Designing a Healthy Diet Movie	Serving Size Assignment	Ch 1 Rate Your Plate
Sept 5	Research Day		
Sept 12	<b>Quiz Ch 1 &amp; 2</b> Diet Analysis Paper Information Ch 3: The Human Body: A Nutrition Perspective Ch 4: Carbohydrates	Ch 3 Rate Your Plate Ch 4 Rate Your Plate	Serving Size Assignment
Sept 19	<b>Quiz Ch 3</b> Ch 5: Lipids Ch 6: Proteins	Ch 5 Rate Your Plate Ch 6 Rate Your Plate	Ch 3 Rate Your Plate Ch 4 Rate Your Plate
Sept 26	<b>Exam Ch 4-6</b> Presentation Information Ch 8: Vitamins Ch 9: Water and Minerals	Healthy Recipe	Ch 5 Rate Your Plate Ch 6 Rate Your Plate
Oct 3	<b>Vitamin/Mineral Presentations</b>		
Oct 10	<b>Exam Ch 8 &amp; 9</b>		Healthy Recipe
Oct 17	Computer Lab ( J-201)		
Oct 24	Ch 7: Alcohol Ch 12: Eating Disorders		
Oct 31	<b>Quiz Ch 7 &amp; 12</b> Ch 10: Energy Balance & Weight Control	Ch 10 Rate Your Plate	
Nov 7	Ch 11: Nutrition: Fitness & sports		Ch 10 Rate Your Plate
Nov 14	<b>Exam Ch 10 &amp; 11</b> Ch 13: Pregnancy & Breastfeeding	Real Age assignment	Diet Analysis Paper
Nov 21	Ch 14 : Nutrition Infancy Through Adolescence Ch 15: Nutrition During Adulthood		Real Age assignment
Nov 28	<b>Exam Ch 13, 14 &amp; 15</b>		
Dec 5	Ch 16 : Food Safety Ch 17: Undernutrition Throughout the World		
Dec 12	<b>Exam Ch 16 &amp; 17</b>		