

Nutrition

Detailed Schedule

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Upload Assignment = indicates that you must type your assignment in a document or other format, as specified and submit it or upload in the course.

Electronic Assignment = indicates that you can type your response directly into the space provided in the course.

| Section | Type of Assignment | Assignment | Points Possible | Due Date |
|--------------------------------|------------------------|--------------------------------|-----------------|----------|
| Course Introduction | | | | |
| Intro | Multimedia Lesson | <i>Course Introduction</i> | n/a | |
| Intro | Multimedia Lesson | <i>Course Tasks</i> | n/a | |
| Intro | Discussion | Introduce Yourself | 5 | |
| Intro | Quiz | Course Policies Quiz | 10 | |
| Intro | Upload Assignment | Course Contract | 10 | |
| Unit 1 Nutrition Basics | | | | |
| Section 1.1 Nutrition & Health | | | | |
| 1.1 | Multimedia Lesson | <i>Intro to Nutrition</i> | n/a | |
| 1.1 | Multimedia Lesson | <i>Worldwide Nutrition</i> | n/a | |
| 1.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 1.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 1.1 | Electronic Assignment | Reflection Diary | 10 | |
| 1.1 | Discussion | Food Traditions | 5 | |
| 1.1 | Upload Assignment | Restaurant Brochure | 25 | |
| 1.1 | Quiz | Section 1.1 Quiz | 20 | |
| Section 1.2 Diet & Digestion | | | | |
| 1.2 | Multimedia Lesson | <i>Food Guide Pyramid</i> | n/a | |
| 1.2 | Multimedia Lesson | <i>Dietary Guidelines</i> | n/a | |
| 1.2 | Multimedia Lesson | <i>The Digestive Tract</i> | n/a | |
| 1.2 | Vocabulary Check | Vocabulary Review | n/a | |
| 1.2 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 1.2 | Electronic Assignment | Reflection Diary | 10 | |
| 1.2 | Discussion | Eating Road Blocks | 5 | |
| 1.2 | Upload Assignment | Daily Food Plan | 9 | |
| 1.2 | Electronic Assignment | Diet Analysis | 16 | |
| 1.2 | Quiz | Section 1.2 Quiz | 20 | |
| Unit 1 | Unit Exam | Unit 1 Exam | 50 | |
| Unit 2 Energy Nutrients | | | | |
| Section 2.1 Carbohydrates | | | | |
| 2.1 | Multimedia Lesson | <i>Six Essential Nutrients</i> | n/a | |
| 2.1 | Multimedia Lesson | <i>Carbohydrates</i> | n/a | |

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| 2.1 | Multimedia Lesson | <i>Fiber</i> | n/a | |
| 2.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 2.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 2.1 | Electronic Assignment | Reflection Diary | 10 | |
| 2.1 | Discussion | Favorite Foods | 5 | |
| 2.1 | Upload Assignment | Food Plan Analysis | 25 | |
| 2.1 | Quiz | Section 2.1 Quiz | 20 | |
| Section 2.2 Protein | | | | |
| 2.2 | Multimedia Lesson | <i>Proteins & Amino Acids</i> | n/a | |
| 2.2 | Multimedia Lesson | <i>The Role of Protein</i> | n/a | |
| 2.2 | Vocabulary Check | Vocabulary Review | n/a | |
| 2.2 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 2.2 | Electronic Assignment | Reflection Diary | 10 | |
| 2.2 | Discussion | Social Eating | 5 | |
| 2.2 | Upload Assignment | Meal Plan | 25 | |
| 2.2 | Quiz | Section 2.2 Quiz | 20 | |
| Section 2.3 Fats | | | | |
| 2.3 | Multimedia Lesson | <i>Fats</i> | n/a | |
| 2.3 | Multimedia Lesson | <i>Lipids</i> | n/a | |
| 2.3 | Vocabulary Check | Vocabulary Review | n/a | |
| 2.3 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 2.3 | Electronic Assignment | Reflection Diary | 10 | |
| 2.3 | Discussion | Comfort Foods | 5 | |
| 2.3 | Upload Assignment | Career Brochure | 25 | |
| 2.3 | Quiz | Section 2.3 Quiz | 20 | |
| Unit 2 | Exam | Unit 2 Exam | 50 | |
| Unit 3 Non-Energy Nutrients | | | | |
| Section 3.1 Water & Vitamins | | | | |
| 3.1 | Multimedia Lesson | <i>Water</i> | n/a | |
| 3.1 | Multimedia Lesson | <i>Vitamins</i> | n/a | |
| 3.1 | Multimedia Lesson | <i>Vitamin Deficiencies</i> | n/a | |
| 3.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 3.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 3.1 | Electronic Assignment | Reflection Diary | 10 | |
| 3.1 | Discussion | Food Choice Influences | 5 | |
| 3.1 | Upload Assignment | Vitamin Chart | 25 | |
| 3.1 | Quiz | Section 3.1 Quiz | 20 | |
| Section 3.2 Minerals & Supplements | | | | |
| 3.2 | Multimedia Lesson | <i>Minerals I: Macrominerals</i> | n/a | |
| 3.2 | Multimedia Lesson | <i>Minerals II: Trace Minerals</i> | n/a | |
| 3.2 | Multimedia Lesson | <i>Dietary Supplements</i> | n/a | |
| 3.2 | Vocabulary Check | Vocabulary Review | n/a | |
| 3.2 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 3.2 | Electronic Assignment | Reflection Diary | 10 | |
| 3.2 | Discussion | Snacking | 5 | |
| 3.2 | Upload Assignment | Mineral Chart | 25 | |

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| 3.2 | Quiz | Section 3.2 Quiz | 20 | |
| Unit 3 | Unit Exam | Unit 3 Exam | 50 | |
| Unit 4 Energy Balance | | | | |
| Section 4.1 Weight Management | | | | |
| 4.1 | Multimedia Lesson | <i>Body Composition</i> | n/a | |
| 4.1 | Multimedia Lesson | <i>Weight Management</i> | n/a | |
| 4.1 | Multimedia Lesson | <i>Caloric Needs</i> | n/a | |
| 4.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 4.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 4.1 | Electronic Assignment | Reflection Diary | 10 | |
| 4.1 | Discussion | Emotional Eating | 5 | |
| 4.1 | Upload Assignment | Daily Caloric Needs | 25 | |
| 4.1 | Quiz | Section 4.1 Quiz | 20 | |
| Section 4.2 Healthy Choices | | | | |
| 4.2 | Multimedia Lesson | <i>Portion Sizes</i> | n/a | |
| 4.2 | Multimedia Lesson | <i>Fad Diets</i> | n/a | |
| 4.2 | Multimedia Lesson | <i>Eating Out</i> | n/a | |
| 4.2 | Vocabulary Check | Vocabulary Review | n/a | |
| 4.2 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 4.2 | Electronic Assignment | Reflection Diary | 10 | |
| 4.2 | Discussion | Body Image | 5 | |
| 4.2 | Upload Assignment | Fast Food Evaluation | 25 | |
| 4.2 | Quiz | Section 4.2 Quiz | 20 | |
| Section 4.3 Nutrition & Fitness | | | | |
| 4.3 | Multimedia Lesson | <i>What is Physical Fitness?</i> | n/a | |
| 4.3 | Multimedia Lesson | <i>Nutrition & Exercise</i> | n/a | |
| 4.3 | Multimedia Lesson | <i>Drugs & Exercise</i> | n/a | |
| 4.3 | Vocabulary Check | Vocabulary Review | n/a | |
| 4.3 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 4.3 | Electronic Assignment | Reflection Diary | 10 | |
| 4.3 | Discussion | Media Portrayal | 5 | |
| 4.3 | Electronic Assignment | Fallen Athlete | 25 | |
| 4.3 | Quiz | Section 4.3 Quiz | 20 | |
| Unit 4 | Unit Exam | Unit 4 Exam | 50 | |
| Unit 5 Disorders & Diseases | | | | |
| Section 5.1 Eating Disorders, Allergies, & Alcohol | | | | |
| 5.1 | Multimedia Lesson | <i>Eating Disorders</i> | n/a | |
| 5.1 | Multimedia Lesson | <i>Food Allergies</i> | n/a | |
| 5.1 | Multimedia Lesson | <i>Alcohol Use</i> | n/a | |
| 5.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 5.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 5.1 | Electronic Assignment | Reflection Diary | 10 | |
| 5.1 | Discussion | Eating Disorders | 5 | |
| 5.1 | Electronic Assignment | Website Evaluation | 25 | |
| 5.1 | Quiz | Section 5.1 Quiz | 20 | |
| Section 5.2 Nutrition Related Diseases | | | | |

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| 5.2 | Multimedia Lesson | <i>Obesity</i> | n/a | |
| 5.2 | Multimedia Lesson | <i>Insulin Resistance</i> | n/a | |
| 5.2 | Multimedia Lesson | <i>Diabetes</i> | n/a | |
| 5.2 | Vocabulary Check | Vocabulary Review | n/a | |
| 5.2 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 5.2 | Electronic Assignment | Reflection Diary | 10 | |
| 5.2 | Discussion | Long Term vs. Short Term | 5 | |
| 5.2 | Upload Assignment | Body Mass Index | 25 | |
| 5.2 | Quiz | Section 5.2 Quiz | 20 | |
| Unit 5 | Unit Exam | Unit 5 Exam | 50 | |
| Unit 6 Consumer Nutrition | | | | |
| Section 6.1 Consumer Nutrition | | | | |
| 6.1 | Multimedia Lesson | <i>Reading Food Labels</i> | n/a | |
| 6.1 | Multimedia Lesson | <i>Tips for Grocery Shopping</i> | n/a | |
| 6.1 | Multimedia Lesson | <i>Consumer Nutrition</i> | n/a | |
| 6.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 6.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 6.1 | Electronic Assignment | Reflection Diary | 10 | |
| 6.1 | Discussion | Grocery Shopping | 5 | |
| 6.1 | Electronic Assignment | Advertising Techniques | 25 | |
| 6.1 | Quiz | Section 6.1 Quiz | 20 | |
| Section 6.2 Food Preparation | | | | |
| 6.2 | Multimedia Lesson | <i>Food Safety</i> | n/a | |
| 6.2 | Multimedia Lesson | <i>Food-Borne Illness</i> | n/a | |
| 6.2 | Multimedia Lesson | <i>Healthy Cooking</i> | n/a | |
| 6.2 | Vocabulary Check | Vocabulary Review | n/a | |
| 6.2 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 6.2 | Electronic Assignment | Reflection Diary | 10 | |
| 6.2 | Discussion | Cleanliness | 5 | |
| 6.2 | Electronic Assignment | Poisonous News | 25 | |
| 6.2 | Quiz | Section 6.2 Quiz | 20 | |
| Unit 6 | Unit Exam | Unit 6 Exam | 50 | |
| Unit 7 Nutrition for Life | | | | |
| Section 7.1 Nutrition Across a Life Span | | | | |
| 7.1 | Multimedia Lesson | <i>Special Populations I</i> | n/a | |
| 7.1 | Multimedia Lesson | <i>Special Populations II</i> | n/a | |
| 7.1 | Multimedia Lesson | <i>Healthy Choices for Life</i> | n/a | |
| 7.1 | Vocabulary Check | Vocabulary Review | n/a | |
| 7.1 | Fieldtrip/Online Links | View Additional Links | n/a | |
| 7.1 | Electronic Assignment | Reflection Diary | 10 | |
| 7.1 | Discussion | Motivating Factors | 5 | |
| 7.1 | Upload Assignment | Final Project | 60 | |
| 7.1 | Quiz | Section 7.1 Quiz | 20 | |
| 7.1 | FINAL EXAM | COMPREHENSIVE FINAL | 70 | |