## **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 In	Course Introduction					
Intro	Multimedia Lesson	Course Introduction	n/a			
Intro	Multimedia Lesson	Course Tasks	n/a			
Intro	Discussion	Introduce Yourself	5			
Intro	Quiz	Course Policies Quiz	10			
Intro	Upload Assignment	Course Contract	10			
	rition Basics 1 Nutrition & Health					
1.1	Multimedia Lesson	Intro to Nutrition	n/a			
1.1	Multimedia Lesson	Worldwide Nutrition	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	2 Diet & Digestion					
1.2	Multimedia Lesson	Food Guide Pyramid	n/a			
1.2	Multimedia Lesson	Dietary Guidelines	n/a			
1.2	Multimedia Lesson	The Digestive Tract	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	Six Essential Nutrients	n/a			
2.1	Multimedia Lesson	Carbohydrates	n/a			
۷.۱	Mullimedia Lesson	Carbonyurates	II/a			

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2.1	Multimedia Lesson	Fiber	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						
2.2	Multimedia Lesson	Proteins & Amino Acids	n/a			
2.2	Multimedia Lesson	The Role of Protein	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	3 Fats					
2.3	Multimedia Lesson	Fats	n/a			
2.3	Multimedia Lesson	Lipids	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			
	n-Energy Nutrients					
	1 Water & Vitamins					
3.1	Multimedia Lesson	Water	n/a			
3.1	Multimedia Lesson	Vitamins	n/a			
3.1	Multimedia Lesson	Vitamin Deficiencies	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	Minerals I: Macrominerals	n/a			
3.2	Multimedia Lesson	Minerals II: Trace Minerals	n/a			
3.2	Multimedia Lesson	Dietary Supplements	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			
J.Z	Opioad Assigninient	William Chart	20			

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3.2	Quiz	Section 3.2 Quiz	20		
Unit 3	Unit Exam	Unit 3 Exam	50		
Unit 4 Ene	ergy Balance				
Section 4.	1 Weight Management				
4.1	Multimedia Lesson	Body Composition	n/a		
4.1	Multimedia Lesson	Weight Management	n/a		
4.1	Multimedia Lesson	Caloric Needs	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		
	2 Healthy Choices				
4.2	Multimedia Lesson	Portion Sizes	n/a		
4.2	Multimedia Lesson	Fad Diets	n/a		
4.2	Multimedia Lesson	Eating Out	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		
	3 Nutrition & Fitness				
4.3	Multimedia Lesson	What is Physical Fitness?	n/a		
4.3	Multimedia Lesson	Nutrition & Exercise	n/a		
4.3	Multimedia Lesson	Drugs & Exercise	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					
	1 Eating Disorders, Allergies,				
5.1	Multimedia Lesson	Eating Disorders	n/a		
5.1	Multimedia Lesson	Food Allergies	n/a		
5.1	Multimedia Lesson	Alcohol Use	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		
Cootion 6	2 Nutrition Related Diseases				

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5.2         Multimedia Lesson         Obesity         n/a           5.2         Multimedia Lesson         Diabetes         n/a           5.2         Vocabulary Check         Vocabulary Review         n/a           5.2         Fieldtrip/Online Links         View Additional Links         n/a           5.2         Fieldtrip/Online Links         View Additional Links         n/a           5.2         Discussion         Long Term vs. Short Term         5           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 6         Unit Exam         Unit 5 Exam         50           Unit 6 Consumer Nutrition         Section 6.1 Consumer Nutrition         Section 6.1 Consumer Nutrition           6.1         Multimedia Lesson         Tips for Grocery Shopping n/a         n/a           6.1         Multimedia Lesson         Consumer Nutrition         n/a           6.1         Fieldtrip/Online Links         View Additional Links         n/a           6.1         Fieldtrip/Online Links         View Additional Links         n/a           6.1         Electronic Assi					
5.2         Multimedia Lesson         Diabetes         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         Quiz         Section 5.2 Quiz         20           Unit 5         Unit Exam         Unit 5 Exam         50           Unit 5 Consumer Nutrition           6.1         Multimedia Lesson         Reading Food Labels         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Vocabulary Review         n/a           6.1         Fieldtrip/Online Links         View Additional Links         n/a           6.1         Electronic Assignment         Reflection Diary         10           6.1         Electronic Assignment         Advertising Techniques         25           6.1         Quiz         Section 6.1 Quiz         20					
5.2   Vocabulary Check   Vocabulary Review   n/a   5.2   Fieldtrip/Online Links   View Additional Links   n/a   5.2   Discussion   Long Term vs. Short Term   5.2   Discussion   Long Term vs. Short Term   5.2   Upload Assignment   Body Mass Index   25   5.2   Upload Assignment   Body Mass Index   25   5.2   Upload Assignment   Unit 5 Exam   50   Unit 5   Unit Exam   Unit 5 Exam   50   Unit 6 Consumer Nutrition   Section 6.1   Consumer Nutrition   6.1   Multimedia Lesson   Reading Food Labels   n/a   6.1   Multimedia Lesson   Tips for Grocery Shopping   n/a   6.1   Multimedia Lesson   Consumer Nutrition   n/a   6.1   Multimedia Lesson   Consumer Nutrition   n/a   6.1   Fieldtrip/Online Links   View Additional Links   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   Food Safety   n/a   6.2   Multimedia Lesson   Food-Borne Illness   n/a   6.2   Multimedia Lesson   Healthy Cooking   n/a   6.2   Fieldtrip/Online Links   View Additional Links   n/a   6.2   Electronic Assignment   Reflection Diary   10   6.2   Cocabulary Check   Vocabulary Review   n/a   6.2   Electronic Assignment   Reflection Diary   10   6.2   Cocabulary Check   Vocabulary Review   n/a   6.2   Electronic Assignment   Reflection Diary   10   6.2   Cocabulary Check   Vocabulary Review   n/a   6.2   Electronic Assignment   Reflection Diary   10   6.2   Cocabulary Check   Vocabulary Review   n/a   7.1   Multimedia Lesson   Special Populations I   n/a   7.1   Multimedia Lesson   Special Populations I   n/a   7.1   Multimedia Lesson   Special Populations I   n/a   7.1   Multimedia Lesson   Healthy Choices for Life   n/a   7.1   Vocabulary Check   Vocabulary Review   n/a   7.1   Electronic Assignment   Reflection Diary   10   7.1   Discussion   Motivating Factors   5   7.1   Upload Assignment		Multimedia Lesson	Insulin Resistance	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         Section 6.1 Consumer Nutrition           6.1         Multimedia Lesson         Reading Food Labels         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Consumer Nutrition         n/a           6.1         Multimedia Lesson         View Additional Links         n/a           6.1         Fieldtrip/Online Links         View Additional Links         n/a           6.1         Electronic Assignment         Advertising Techniques         25           6.1         Quiz         Section 6.1 Quiz         20           Section 6.2         Multimedia Lesson         Food Safety         n/a           6.2         Multimedia L		Multimedia Lesson	Diabetes	n/a	
5.2         Electronic Assignment         Reflection Diary         10           5.2         Discussion         Long Term vs. Short Term         5           5.2         Quiz         Section 5.2 Quiz         20           5.2         Quiz         Section 5.2 Quiz         20           Unit 5 Unit Exam         Unit 5 Exam         50           Unit 5 Consumer Nutrition           6.1         Multimedia Lesson         Reading Food Labels         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Consumer Nutrition         n/a           6.1         Vocabulary Check         Vocabulary Review         n/a           6.1         Fieldtrip/Online Links         View Additional Links         n/a           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         Food-Borne Illness<		·	•		
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         Reading Food Labe/s         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a         n/a           6.1         Multimedia Lesson         Consumer Nutrition         n/a           6.1         Multimedia Lesson         Consumer Nutrition         n/a           6.1         Vicabulary Check         Vocabulary Review         n/a           6.1         Fieldtrip/Online Links         View Additional Links         n/a           6.1         Electronic Assignment         Reflection Diary         10           6.1         Electronic Assignment         Advertising Techniques         25           6.1         Quiz         Section 6.1 Quiz         20           Section 6.2 Food Preparation         Food-Borne Illness         n/a           6.2         Multimedia Lesson         Food-Borne Illness         n/a			View Additional Links		
5.2         Upload Assignment         Body Mass Index         25           5.2         Quiz         Section 5.2 Quiz         20           Unit 5         Unit Exam         50           Unit 5 Consumer Nutrition           6.1         Multimedia Lesson         Reading Food Labels         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Consumer Nutrition         n/a           6.1         Multimedia Lesson         Consumer Nutrition         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         Electronic Assignment         Advertising Techniques         25           6.1         Electronic Assignment         Food Safety         n/a           6.2         Multimedia Lesson         Food Safety         n/a           6.2         Multimedia Lesson         Food-Borne Illness         n/a           6.2         Fieldtrip/Online Links         View Additional Links         n/a           6.2		Electronic Assignment	Reflection Diary		
Section 5.2 Quiz   Section 5.2 Quiz   20   Unit 5   Unit 5   Consumer Nutrition   Section 6.1 Consumer Nutrition   6.1   Multimedia Lesson   Reading Food Labels   n/a   6.1   Multimedia Lesson   Tips for Grocery Shopping   n/a   6.1   Multimedia Lesson   Consumer Nutrition   n/a   0.1   Vocabulary Check   Vocabulary Review   n/a   0.1   Fieldtrip/Online Links   View Additional Links   n/a   0.1   Discussion   Grocery Shopping   5   0.1   Electronic Assignment   Advertising Techniques   25   0.1   Quiz   Section 6.1   Quiz   Section 6.1   Quiz   Section 6.1   Quiz   Section 6.1   Quiz   Section 6.2   Multimedia Lesson   Food Safety   n/a   0.2   Multimedia Lesson   Food-Borne Illness   n/a   0.2   Multimedia Lesson   Food-Borne Illness   n/a   0.2   Multimedia Lesson   Healthy Cooking   n/a   0.2   Fieldtrip/Online Links   View Additional Links   n/a   0.2   Electronic Assignment   Reflection Diary   10   0.2   Cocabulary Check   Vocabulary Review   n/a   0.2   Electronic Assignment   Reflection Diary   10   0.2   Electronic Assignment   Reflection Diary   10   0.2   Cocabulary Check   View Additional Links   n/a   0.2   Electronic Assignment   Reflection Diary   10   0.3					
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Unit 6 Consumer Nutrition   Section 6.1 Consumer Nutrition   6.1					
Section 6.1 Consumer Nutrition 6.1 Multimedia Lesson Reading Food Labels n/a 6.1 Multimedia Lesson Tips for Grocery Shopping n/a 6.1 Multimedia Lesson Consumer Nutrition 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 Food Safety n/a 6.2 Multimedia Lesson Healthy Cooking n/a 6.2 Multimedia Lesson Healthy Cooking n/a 6.2 Fieldtrip/Online Links View Additional Links 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 Electronic Assignment Poisonous News 25 6.2 Electronic Assignment Poisonous News 25 6.1 Unit 6 Unit Exam Unit 6 Exam 50  Unit 7 Nutrition Across a Life Span 7.1 Multimedia Lesson Special Populations I n/a 7.1 Multimedia Lesson Healthy Choices for Life n/a 7.1 Vocabulary Check Vocabulary Review n/a 7.1 Fieldtrip/Online Links View Additional Links n/a			Unit 5 Exam	50	
6.1         Multimedia Lesson         Reading Food Labels         n/a           6.1         Multimedia Lesson         Tips for Grocery Shopping         n/a           6.1         Multimedia Lesson         Consumer Nutrition         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         Discussion         Grocery Shopping         5           6.1         Quiz         Section 6.1 Quiz         20           8.1         Quiz         Section 6.1 Quiz         20           8.1         Quiz         Section 6.1 Quiz         20           8.2         Multimedia Lesson         Food-Borne Illness         n/a           8.2         Multimedia Lesson         Food-Borne Illness         n/a           8.2         Multimedia Lesson         Healthy Cooking         n/a           8.2         Fieldtrip/Online Links         View Additional Links         n/a           8.2         Electronic Assignment         Reflection Diary <td< td=""><td></td><td></td><td></td><td></td><td></td></td<>					
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6.1 Multimedia Lesson Consumer Nutrition 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 Food Safety n/a 6.2 Multimedia Lesson Food-Borne Illness n/a 6.2 Multimedia Lesson Healthy Cooking 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 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 Special Populations I n/a 7.1 Multimedia Lesson Special Populations II n/a 7.1 Multimedia Lesson Special Populations II n/a 7.1 Multimedia Lesson Special Populations II n/a 7.1 Multimedia Lesson Reflection Diary 10 7.1 Fieldtrip/Online Links View Additional Links 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 Upload Assignment Final Project 60 7.1 Upload Assignment Final Project 60					
6.1 Vocabulary Check View Additional Links 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 Food Safety n/a 6.2 Multimedia Lesson Healthy Cooking n/a 6.2 Multimedia Lesson Healthy Cooking 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 Special Populations I n/a 7.1 Multimedia Lesson Healthy Choices for Life n/a 7.1 Fieldtrip/Online Links View Additional Links n/a 7.1 Electronic Assignment Reflection Diary 10 7.1 Fieldtrip/Online Links View Additional Links n/a 7.1 Fieldtrip/Online Links View Additional Links n/a 7.1 Multimedia Lesson Special Populations I n/a 7.1 Multimedia Lesson Healthy Choices for Life 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 Section 7.1 Quiz					
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