

**FSHD 1020: SCIENTIFIC FOUNDATIONS OF NUTRITION**  
**LINDA M. WRIGHT, Ph.D.**

**WEDU #110**  
**Fall 2017**

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<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
Aug. 21: Intro to class	Aug 23: Chap 1: Nutrition: Food Choices and Health	Aug 25: Chap 1
Aug 28: Chap 1 <i>LEARNSMART 1</i>	Aug 30: Chap 2: Guidelines for Designing a Healthy Diet	Sept 1: Chap 2
Sept 4: <b>HOLIDAY</b>	Sept 6: Chap 2 <i>LEARNSMART 2</i>	Sept. 8: Chap 3: The Human Body <b>Test 1: Chapters 1 &amp; 2 (Sept 8 – 12)</b>
Sept 11: Chap 3	Sept 13: Chap 3 <i>LEARNSMART 3</i>	Sept 15: Chap 4: Carbohydrates <b>DIETARY ANALYSIS PART 1 DUE</b>
Sept 18: Chap 4	Sept 20: Chap 4	Sept 22: Chap 5: Lipids
Sept 25: Chap 5	Sept 27: Chap 5 <i>LEARNSMART 5</i>	Sept 29: Chap 6: Proteins <b>Test 2: Chapters 3, 4, 5 (Sept 29 – Oct 3)</b>
Oct 2: chap 6	Oct 4: Chap 6	Oct 6: Chap 7: Energy Balance and Weight Control
Oct 9: Chap 7	Oct 11: Chap 7 <i>LEARNSMART 7</i>	Oct 13: <b>SEMESTER BREAK</b>
Oct 16: Chap 8: Micronutrients and Phytochemicals	Oct 18: Chap 9: Fluid and Electrolyte Balance	Oct 20: Chap 9 <i>LEARNSMART 9</i> <b>Test 3: Chapters 6, 7, 8, 9 (Oct 20 – Oct 24)</b>
Oct 23: Chap 10: Body Defenses	Oct 25: Chap 10	Oct 27: Chap 11: Bone Health
Oct 30: Chap 11 <i>LEARNSMART 11</i>	Nov 1: Chap 12: Energy Metabolism	Nov 3: Chap 12
Nov 6: Chap 13: Blood and Brain Health	Nov 8: Chap 13 <i>LEARNSMART 13</i> <b>DIETARY ANALYSIS PART 2 DUE</b>	Nov10: Chap 14: Fitness and Sports <b>Test 4: Chapters 10, 11, 12, 13 (Nov 10 – Nov 14)</b>
Nov 13: Chap 14 <i>LEARNSMART 14</i>	Nov 15: Chap 15: Eating Disorders <i>LEARNSMART 15</i>	Nov 17: Chap 16: Undernutrition
Nov 20: Chap 17: Food Safety <i>LEARNSMART 17</i>	Nov 22: <b>THANKSGIVING</b>	Nov 24: <b>BREAK</b>
Nov 27: Chap 18: Pregnancy and Breastfeeding	Nov 29: Chap 18 <i>LEARNSMART 18</i>	Dec 1: Chap 19: Infancy through Adolescence
Dec 4: Chap 19	Dec 6: Chap 20: Adulthood	Dec 8: <b>LAST DAY OF CLASS – FINAL REVIEW</b>

**FINAL EXAMS (IN CLASS): 10:00 a.m. class – Monday, December 11<sup>th</sup> at 9:00 a.m.**  
**11:00 a.m. class- Wednesday, December 13<sup>th</sup> at 11:00 a.m.**