

University of Teeth

School of Dental Hygiene

COURSE NUMBER & TITLE: DNTH 333; Human Nutrition

CURRICULUM LEVEL: Undergraduate Senior Level

COURSE CREDIT HOURS: Three (3) hours

CLASS LOCATION: UT main campus, Hygiene Building, Room 999

CLASS DAY & TIME: Wednesday, 9:00am to 10:00am (EST)

COURSE DESCRIPTION & PURPOSE: Study of the nutrition for human beings. Emphasis is on plans and explanations of different diets for healthy people or patients with special needs. The purpose of this course is to prepare dental hygiene students with cognitive knowledge and sound ethics needed to be effective healthcare professionals. NOTE: a registered dental hygienist is not a registered nutritionist, referrals are needed for more professional instructions.

PREREQUISITES: DNTH 313 biochemistry, with passing grade C+ or higher.

INSTRUCTOR: Assistant Professor Jiarong Li, RDH, BS

Office Location: UT Main Campus, Hygiene Building, Room 222

Office Hours: Monday and Tuesdays from 2:00pm to 5:00pm (EST); or by appointment

Office Phone: (267) 226-7978 (emergency only)

Email Address: jiarongl@ut.edu

INSTRUCTOR EMAIL POLICY: Please contact me using the school's email (your "ut.edu" email); subject or title of the email is needed for each email. Email will be checked daily and responded to as soon as possible. Please be patient with responses during weekends and holidays. **Email:** Blackboard Course Messaging System or the school email (preferred); Text or phone-call is for emergency only. I will periodically send out course messages to the class, please check for messages by using the "*Email/Messages*" tab in Blackboard daily.

METHODS OF DELIVERY: This is an on-campus face-to-face course that will utilize lectures, guest speakers, class participation, audio-visual aids, individual and collaborative group work, written assignments, reading assignments, videos, Internet activities, and handouts will be utilized as needed. Course content can be found in Blackboard provided to you by UT.

REQUIRED TEXTBOOK:

The following required textbook is available for free access online:

Marie R., Alan T., & Jennifer D. (2020). Human Nutrition. University of Hawai'i, Mānoa. ISBN 13: 9781948027014

(*Access link: <http://pressbooks.oer.hawaii.edu/humannutrition2/>)

SUPPLEMENTAL READINGS: articles and video can be found in Blackboard, under folder "EXTRA READINGS".

RECOMMENDED TEXTS: Some assignments for this course require the use of APA style referencing. It is strongly recommended that you obtain the book: Publication Manual of the American Psychological Association (latest edition).:
 American Psychological Association. (2020). Publication manual of the American Psychological Association (7th ed.). Washington, D.C. ISBN: 978-1-4338-3273-4

METHODS OF EVALUATION: Throughout the semester, students will be assessed for achievement of course goals and objectives by a variety of methods including 11 quizzes, 1 group and 1 individual projects, 16 weekly assignments, 1 oral presentation, 1 written paper, and 2 exams. All of these will be graded, and the list of graded requirements is below:

ASSIGNMENT	Total Number(s)	Specify
Quizzes	10	Weekly at the beginning of the class (except holidays and exam week)
Group projects	1	Develop an appropriate diet plan for a complex patient case. This will be a collaborative group activity.
Individual projects	1	Develop an appropriate diet analysis for a complex patient case based on this patient's 3-day meal report. This will be an individual work
Weekly Assignments	10	Weekly (except holidays and exam week), due before the <u>following Sunday</u> at 11:59 pm (EST).
oral presentation	1	Orally present the group projects to the class. This will be a collaborative group activity, and everybody needs to talk.
written paper	1	Research information on and write a 4-page paper about how a professional dental hygienist can help patients with nutrition and improving oral and overall health.
Exam #1-- Midterm exam	1	Will be 50 multiple-choice questions.
Exam #2-- Final exam	1	Comprehensive, will be 40 multiple-choice questions and 1 short essay question.

TESTING PROTOCOL: Both exams may cover lecture materials, assigned readings, PowerPoints, and handouts. The final exam will be comprehensive. Exams will be administered in person in the lecture room during normal class hour. Seat map will be provided by the instructor 30 minutes before the exam. Please arrive early to find your seat for exam. All coats and backpacks will be placed at the front roll.

- Hardware Requirements: Fully charged laptops or tablets.
 - Software Requirements: The latest version of ExamSoft. Make sure to update your ExamSoft application.
- How to take tests:** **1)** Download the exam on ExamSoft. **2)** Enter the passcode provided by the instructor at the exam day. **3)** Once the instructor verbally announce that it is time to begin, click "start". **4)** Submit the exam after you finish and show the instructor the green screen before leaving your seat. **5)** Leave the lecture room quietly. Tests are not released. For questions regarding tests, please come to the office during office hour or by appointment. **Tests may only be reviewed after all grades are posted.** Grades will not be changed for student errors on tests.

There will be a practice session to check devices and talk about how we will use Examsoft to take exams.

GRADING CRITERIA:

ASSIGNMENT WEIGHTS:

ASSIGNMENT	WEIGHTS
Quizzes	10%
Group projects	10%

Individual projects	5%
Weekly Assignments	10%
Oral presentation	5%
Written paper	15%
Exam #1-- Midterm exam	20%
Exam #2-- Final exam	25%
Total	100%

GRADING SCALE:

95 - 100	A
90 - 94	A-
86 - 89	B+
83 - 85	B
80 - 82	B-
76 -79	C+
75	C
< 75	F

ATTENDANCE POLICY: Attendance is required. Please be on time, attending sheet will be given at the beginning of the class. Late for more than 15 minutes will be recorded as absent. Absent for more than 4 times will lower your final grade for 2 points. Absent for more than 5 times will get an “I” for incomplete for this course. Absent due to emergency will be excused with doctor’s notes or proper documentation. Absent due to traffic will be excused if the student can provide evidence/record showing she/he had planned the trip at her/his best. Religion holidays or planed vacate will be excused with written documentation; however, it will need to be approved by the instructor at least 2 weeks before the vacate. Personal reasons include (but not limit to) slept over, felt tired, didn’t finish the assignment, forgot the meeting, went to the wrong room/ building are unexcused. Anything related to attendance please contact Jiarong as soon as you can. For emergency, please call 911.

MISSED QUIZESS & EXAMS: There will be NO make-up quizzes. Any missing quiz will be given a zero. Make-up midterm is allowed with written documentation. Time for the make-up midterm will be decided by the instructor. Time for the final exam is regulated by the program, so no make-up final exam is allowed. The students will need to contact the instructor and the program director for remediation if final exam is missed.

SUBMITTING ASSIGNMENTS: All assignments must be submitted in Blackboard under “Assignment Submission” tab by a certain day and time of day. No hard copy of any assignment is needed. All requirements (including format and due date/time) will be stated in Blackboard. Please label each work with your first name and assignment title. Please contact the IT department and send an email to the instruction as soon as possible if there are technical problems when attempting to submit. Phone number for IT department: 321-123-1234.

LATE ASSIGNMENTS: Late assignments that were submitted within 30 minutes after the due time will be accepted without any penalty. After 30 minutes, 2 points will be deducted per day for late submissions. All submitted assignments will be graded (including incomplete and late homework).

STUDENT EXPECTATIONS: (All of you will one day be treating patients who need your help. YOU are responsible for your success!)

- Daily needs of nutrients for your patients.
- Needs for diet changes/adjustment for any patients.
- Connections between unhealthy diet habit and health conditions.
- Suggestions related to nutrition and oral health.
- Diet habit to maintain a healthy lifestyle.

COMPUTER AND CELL PHONE USE IN CLASS: Personal electronic devices (such as laptops, cell phones, tablets) are allowed for taking notes and searching information related to the lecture. However, they should all on silent mode. If the use of any personal electronic devices interrupts the lecture for more than twice, the students will be recorded as absent for that class.

GENERAL COMPUTER AND TECHNICAL REQUIREMENTS: A computer, laptop, or tablet with internet access is required. Activated UT email, and latest version of Examsoft are needed.

IMPORTANT ADDITIONAL UNIVERSITY & SCHOOL OF DENTAL HYGIENE STATEMENTS:

STATEMENT OF STUDENT RESPONSIBILITIES AND ACCOUNTABILITIES:

Attendance. Due to the unique responsibilities and accountabilities associated with becoming a competent professional provider of health care, the progressive nature of the curriculum, the legal issues associated with providing patient/client care, the provision of quality health services and future employability, attendance and class participation are required. Should an absence be necessary, the student must contact the course instructor immediately via email and call the School of Dental Hygiene at 123-000-0001.

- A note on official stationary from a physician or other appropriate healthcare provider must be submitted to your instructor(s) the day you return verifying the need to be excused from class, lab and/or clinic, and date(s) for the required absence.
- Four unexcused absences will result in five points off from the final grade in the course(s) missed.
- More than five unexcused absences will result in getting "I" (incomplete) for the final grade in the course(s) missed.
- Make up quizzes, tests and exams will not be given for unexcused absences.
- Late arrivals to class are considered unexcused absences.
- Students who miss a regularly scheduled test are to follow the steps below:
 1. For an unexcused absence, a grade of zero (0) will be recorded for the quizzes, tests, exams, practicals, and for attendance.
 2. For an excused absence, make-up quizzes, tests, exams and practicals must be taken within two days of returning from a documented excused absence. Failure to do so will result in a zero (0) for that quiz, test, exam or practical. Make-up test format will be decided by instructor. Possible formats will include but not be limited to:
 - a. oral exam
 - b. essay
 - c. short answer
 - d. listing
 - e. demonstration/performance
 - f. combination of these

Meeting Established Deadlines. All course related assignments are to be submitted to the course instructor on the established due dates. Work submitted after the established deadlines will be penalized by the grade. Students are encouraged to keep a duplicate copy of all assignments submitted.

Honor Code. By attending University of Teeth you have signed a pledge accepting the responsibility to abide by the following Honor Code: "We the students of University of Teeth, aspire to be honest and forthright in

our academic endeavors. Therefore, we will practice honesty and integrity and be guided by the tenets of the Creed. We will meet the challenge to be beyond reproach in our actions and our words. We will conduct ourselves in a manner that commands the dignity and respect that we also give to others." This is an institutional policy approved by the Board of Visitors. The University Honor Code applies to all assignments.

Plagiarism. All academic work submitted to fulfill a course requirement is expected to be result of each student's own thought, research and self-expression. A student will have committed plagiarism if he or she reproduces someone else's work without acknowledging its source; or if a source is cited which the student has not cited or used. Examples of plagiarism include: submitting a research paper obtained from a commercial research service, the Internet, or from another student as if it were original work; making simple changes to borrowed materials while leaving the organization, content, or phraseology intact; or copying material from a source, supplying proper documentation, but leaving out quotation marks. Plagiarism also occurs in a group project if one or more of the members of the group does none of the group's work and participates in none of the group's activities, but attempts to take credit for the work of the group.

Code of Student Conduct. All students are expected to abide by the Student Code of Conduct as found in the *University of Teeth Student Handbook* and *University Catalog*. The School of Dental Hygiene undertakes to provide persons treated in the Dental Hygiene Care Facility with safe, ethical, and evidence-based oral healthcare. Endangering health and welfare by use of unsafe and unethical practices and /or not following standard dental hygiene treatment protocols is grounds for the removal of students from the dental hygiene program.

Students' papers and projects may be used anonymously for necessary review without notification.

Accommodations. Students are encouraged to self-disclose disabilities that have been verified by the Office of Educational Accessibility by providing Accommodation Letters to their instructors early in the semester in order to start receiving accommodations. Accommodations will not be made until the Accommodation Letters are provided to instructors each semester.

School of Dental Hygiene Policy on Professionalism in the Use of Social Media:

The Internet has created the ability for dental hygiene students and oral health professionals (dental hygienists and dentists) to communicate and share information quickly to reach millions of people easily. Participating in social networking and other similar Internet opportunities can support students' and dental hygienists' personal expression, enable individuals to have a professional presence online, foster collegiality and camaraderie within the profession, provide opportunity to disseminate public health and other health messages. Social networks, blogs, and other forms of communication online also create new challenges to the patient-oral health provider relationship. Oral health professionals and students must weigh a number of considerations when maintaining a presence online.

- (a) Standards of patient and colleague privacy and confidentiality must be maintained in all environments, including online, and oral health professionals and students must refrain from posting identifiable person information online.
- (b) When using the Internet for social networking, oral health professionals and students must use privacy settings to safeguard personal information and content to the extent possible but realize that privacy settings are not absolute and that once on the Internet, content is likely there permanently. Thus, oral health professionals and students should routinely monitor their own Internet presence to ensure that the personal and professional information on their own sites and, to the extent possible, content posted about them by others, is accurate and appropriate.

- (c) If interacting with patients on the Internet, oral health professionals and students must maintain appropriate boundaries of the patient-oral health provider relationship in accordance with professional ethical guidelines just as they would in any other context.
- (d) To maintain appropriate professional boundaries oral health professionals and students should consider separating personal and professional content online.
- (e) When oral health professionals or students see content posted by colleagues that appear unprofessional or a violation of the Code of Ethics of the American Dental Hygienists' Association, they have a responsibility to bring that content to the attention of the individual, so that he or she can remove it and/or take other appropriate actions. If the behavior significantly violates professional norms and the individual does not take appropriate action to resolve the situation, the dental hygienist and or students should report the matter to appropriate authorities, e.g., the State Board of Dentistry, the University Honor Council.
- (f) Oral health professionals and students must recognize that actions online and content posted may negatively affect their reputations among patients, colleagues, employers and potential employers and may have consequences for their careers now and in the future and can undermine public trust in the dental hygiene profession.

Adapted heavily from the AMA Policy: Professionalism in the Use of Social Media Approved - May 17, 2012.

UT reign responsibly/commitment to adhering to coronavirus safety guidelines: The university will work to create a campus environment that supports safe behaviors and reduces the spread of COVID-19 (Coronavirus). A healthy environment will only be supported if everyone – students, faculty, staff, and visitors - takes responsibility for their own health and safety and the health and safety of those around them. We all must make a commitment to following current Center for Disease Control and Prevention (CDC) and the Virginia Department of Health guidance and best practices. While Old Dominion University cannot guarantee immunity from sickness, we will do our best to provide a healthy environment. We will be directed by the Governor's guidelines as well as the guidance of health officials. As a Monarch citizen, you are encouraged to reign responsibly by demonstrating such care for protecting yourself and others through your compliance. By adhering to safety guidelines, you are helping to keep your family and friends safe along with other students, faculty and staff and their families—Monarch Nation is everywhere! **COMMITMENT STATEMENT:** As a student, I commit to taking the following actions to Reign Responsibly in reducing the spread of the Coronavirus:

1. Staying Informed
 - I commit to completing any Coronavirus related training provided by the University.
 - I commit to visiting the ODU Coronavirus page to stay informed on University guidelines and updates.
2. Following Guidelines
 - I commit to following guidelines set forth by the University and the Commonwealth of Virginia.
 - Wearing face coverings and practicing physical distancing.
 - Cleaning my hands frequently with soap and water for at least 20 seconds or using hand sanitizer that contains at least 60% alcohol.
3. Caring for Yourself
 - I commit to self-monitor for Coronavirus symptoms daily.
 - I commit to avoiding close contact with people.
 - I commit to staying home and contacting my health provider if I am exhibiting any symptoms of the Coronavirus.
4. Caring for others
 - I commit to maintaining a clean space by disinfecting or cleaning frequently touched surfaces daily.
 - I commit to participating in screening and testing to help reduce the spread of the Coronavirus.

Course Disclaimer: Every attempt is made to provide a syllabus that is complete and that provides an accurate overview of the course. However, circumstances and events may make it necessary for the instructor to modify the syllabus during the semester. This may depend, in part, on the progress, needs, and experiences of the students.

GENERAL COURSE OBJECTIVES:

At the completion of this course, the student should be able to:

1. Define the four types of most basic nutrients.
2. Recall the unit energy (kcal/g) provided by the basic types of nutrients.
3. Select some classic resources for the four types of most basic nutrients.
4. List basic vitamins for daily activities.
5. Select some classic resources for the five types of basic vitamins.
6. Analyze the good and bad aspects of a type of food.
7. Defend the importance of maintaining healthy diets.
8. Distinguish common unhealthy diet habits.
9. Distinguish common unhealthy diet habits related oral health.
10. Evaluate one's one-day diet intake.
11. Analyze one's three-days meal intake
12. Design a diet plan for health people
13. Recommend diet plan for people with special needs.
14. Reject "fake" advertisements about nutrients.
15. Correlate one's health status to one's diet
16. Convince the patient about the need (if any) to adjust diet.
17. Promote patients' oral health conditions form nutrients-intake aspect
18. Display an interest in food safety issuers in the U.S.

SPECIFIC OBJECTIVES BY CHAPTER & TOPIC:

Upon completion of each instructional unit, the student should be able to:

1. Chapter __1__; "Basic Concepts in Nutrition":
 - a. Recall basic concepts in nutrition.
 - b. List factors that affect your nutritional needs.
 - c. Describe the importance of research and scientific methods to understanding nutrition.
 - d. Distinguish unnecessary "nutrition" in real life.
 - e. Share two concepts in nutrition with one non-health-major friend.
2. Chapter __2__; "The Human Body":
 - a. Explain the anatomy and physiology of the digestive system and other supporting organ systems.
 - b. Describe the relationship between diet and each of the organ systems.
 - c. Recall the process of calculating Body Mass Index (BMI).
 - d. Design a simple intake-plan based on one's goal on body mass.
 - e. Adopt one tip about nutrition for your own body.
3. Chapter __3__; "Water and Electrolytes":
 - a. Describe the importance of water intake for the body.
 - b. List the major aspects of water regulation in the body.
 - c. Describe the consequences of the imbalance of electrolytes.
 - d. Evaluate the effects of popular beverage choices.
 - e. Demonstrate a willingness of changing water-intake habit.
4. Chapter __4__; "Carbohydrates"
 - a. List the different types of simple and complex carbohydrates.

- b. State the process of carbohydrate digestion and absorption.
- c. Describe the functions of carbohydrates in the body.
- d. Evaluate the body's carbohydrate needs.
- e. Share the idea that personal choices can lead to health benefits/consequences.

5. Chapter __5__; "Lipids":

- a. Name the function and role of lipids in the body.
- b. Describe the process of lipid digestion and absorption.
- c. Describe tools and approaches for balancing your diet with lipids.
- d. List a few "good fats".
- e. Avoid unhealthy lipid intakes.

6. Chapter __6__; "Protein":

- a. Describe the role and structure of proteins.
- b. List the functions of proteins in the body.
- c. Analyze the consequences of protein imbalance.
- d. Evaluate the recourses for protein-intakes.
- e. Reject inaccurate advertising about protein intakes.

7. Chapter __7__; "Alcohol":

- a. Describe the process of alcohol metabolism.
- b. List the health risks associated with alcohol consumption.
- c. Recall the unit energy (kcal/g) of alcohol.
- d. Create a rule for your drinking (alcohol- intake) habit.
- e. Avoid drinking alcohol to achieve health benefits.

8. Chapter __8__; "Energy":

- a. Describe the body's use, storage, and balance of energy.
- b. List factors that contribute to weight management.
- c. Identify evidence-based nutritional recommendations.
- d. Analyze the energy level based on Nutrition Facts labels.
- e. Demonstrate a willingness to adjust energy intake base on needs.

9. Chapter __9__; "Vitamins":

- a. Recall the role of vitamins in the body.
- b. Name the functions of antioxidant micronutrients, phytochemicals, and antioxidant minerals.
- c. Describe the functions of vitamins in catabolic pathways, anabolic pathways.
- d. List a few natural sources for vitamin intakes.
- e. Demonstrate a willingness to adjust vitamin intakes base on needs.

10. Chapter __10__; "Major Minerals":

- a. State the functional role of major minerals.
- b. Describe the intake recommendations of major minerals.
- c. Name some natural sources of major minerals.
- d. Analyze the consequences of lacking major minerals.
- e. Demonstrate a willingness to adjust diet habit for healthy major minerals intakes.

11. Chapter __11__; "Trace Minerals":

- a. State the functional role of trace minerals.
- b. Describe the intake recommendations of trace minerals.
- c. Name some natural sources of trace minerals.
- d. Analyze the consequences of lacking trace minerals.
- e. Demonstrate a willingness to adjust diet habit for healthy trace minerals intakes.

12. Chapter __12__; “Nutrition Applications”:

- a. Recall the purpose of nutrition recommendations.
- b. List steps towards building healthy eating patterns.
- c. Interpret the Nutrition Facts labels found on food items.
- d. Describe the purpose and use of the MyPlate Planner.
- e. Demonstrate a willingness to adjust diet habit based on overall nutrition needs.

13. Chapter __13__; “Lifespan Nutrition from Pregnancy to the Toddler Years”:

- a. Describe the physiological basis for nutrient requirements for pregnancy period.
- b. State the physiological basis for nutrient requirements for toddler years.
- c. List 5 practical tips about nutrition intakes for patients at pregnancy period
- d. Design a snack suggestion list for toddlers.
- e. Share important nutrition information to new mothers.

14. Chapter __14__; “Lifespan Nutrition During Childhood and Adolescence”:

- a. Describe the physiological basis for nutrient requirements during childhood.
- b. State the physiological basis for nutrient requirements for adolescence.
- c. Design a snack suggestion list for children.
- d. List 5 practical tips about nutrition intakes for adolescence
- e. Share important nutrition information to the youth.

15. Chapter __15__; “Lifespan Nutrition in Adulthood”:

- a. Describe the physiological basis for nutrient requirements during adulthood.
- b. State one common unhealthy diet habit among adults.
- c. List three some oral health issues related to diet.
- d. Evaluate the overall diet habit among adult in the U.S.
- e. Share important nutrition information to adult patients with medical conditions.

16. Chapter __16__; “Performance Nutrition”:

- a. Describe the physiological changes that occur in response to exercise.
- b. List the effects of physical fitness on overall health.
- c. Name the purpose and applications of nutrition supplements.
- d. Evaluate the overall usage of nutrition supplements in the U.S.
- e. Demonstrate a willingness to adjust the usage of nutrition supplements base on needs.

17. Chapter __17__; “Food Safety”:

- a. Recall the major types and causes of and contamination.
- b. State the purpose and process of food irradiation.
- c. Describe consumer-level techniques.
- d. Analyze the major food safety issue in the U.S.
- e. Share important food safety information to patients for avoiding foodborne illness.

18. Chapter __18__; “Nutritional Issues”:

- a. Recall the different types of diets.
- b. Discuss the relationship between nutrition and health.
- c. Distinguish overnutrition, undernutrition, and malnutrition.
- d. Describe different careers in nutrition.
- e. Demonstrate a willingness of continue learning in human nutrition.

Note: the schedule may need to be changed during the semester due to unforeseen circumstances

Schedule for **Spring 2022**

SEMESTER WEEK NUMBER:	DAY/DATES/TIMES OF THE WEEK:	CHAPTERS, TOPICS:	Have items in this column completed by due dates. For assignment details, look in "Assignments & Submissions" tab. Complete Chapter readings in the book.
WEEK 1	Wednesday 1-5-22 9:00- 10:00am (EST)	Class introduction Discuss syllabus	Happy "Homework-Free" Week!
WEEK 2	Wednesday 1-12-22 9:00- 10:00am (EST)	Chapters 1 "Basic Concepts in Nutrition" Teacher Lecture	DUE: Weekly Assignment #1 "Self-quiz 15 questions -Basic Concepts in Nutrition"
WEEK 3	Wednesday 1-19-22 9:00- 10:00am (EST)	Chapter 2 "The Human Body" Teacher Lecture	Quiz #1 -for Chapter 1 (at the first 15 minutes of the class) DUE: Weekly Assignment #2 "Self-quiz 15 questions- The Human Body" Video: "We"
WEEK 4	Wednesday 1-26-22 9:00- 10:00am (EST)	Chapter 3 "Water and Electrolytes" Teacher Lecture	Quiz #2 -for Chapter 2 (at the first 15 minutes of the class) DUE: Weekly Assignment #3 "Group work: 10 short answer questions- Water and Electrolytes"
WEEK 5	Wednesday 2-2-22 9:00- 10:00am (EST)	Chapter 4 "Carbohydrates" Teacher Lecture	Quiz #3 -for Chapter 3 (at the first 15 minutes of the class) DUE: Weekly Assignment #4 "Self-quiz 15 questions- Carbohydrates"
WEEK 6	Wednesday 2-9-21 9:00- 10:00am (EST)	Chapter 5 "Lipids" Chapter 7 "Alcohol" Teacher Lecture	Quiz #4 -for Chapter 4 (at the first 15 minutes of the class) DUE: Weekly Assignment #5 "Self-quiz 15 questions- Lipids and Alcohol"
WEEK 7	Wednesday 2-16-22 9:00- 10:00am (EST)	Chapter 6 "Protein" Teacher Lecture	Quiz #5 -for Chapter 5&7 (at the first 15 minutes of the class) DUE: Weekly Assignment #6 "Self-quiz 15 questions- Protein"
WEEK 8	Wednesday 2-23-22	Midterm	Happy "Homework-Free" Week!

	9:00- 10:00am (EST)		
WEEK 9	Wednesday 3-2-22 9:00- 10:00am (EST)	SPRING BREAK No assignments; No class	SPRING BREAK Happy "Homework-Free" Week! No assignments; No class
WEEK 10	Wednesday 3-9-22 9:00- 10:00am (EST)	Chapter 9 "Vitamins" Teacher Lecture	Quiz #6 -for Chapter 6 (at the first 15 minutes of the class) DUE: Weekly Assignment #7 "Self-quiz 15 questions- Vitamins" Video "Vitamins A-E"
WEEK 11	Wednesday 3-16-22 9:00- 10:00am (EST)	Chapter 10 "Major Minerals" Chapter 11 "Trace Minerals": Teacher Lecture	Quiz #7 -for Chapter 9 (at the first 15 minutes of the class) DUE: Weekly Assignment #8 "Group-work 10 short answer questions- Minerals" Video "Minerals"
WEEK 12	Wednesday 3-23-22 9:00- 10:00am (EST)	Chapter 8 "Energy" Chapter 12 "Nutrition Applications" Teacher Lecture	Quiz #8 -for Chapter 10&11 (at the first 15 minutes of the class) DUE: Individual Projects
WEEK 13	Wednesday 3-30-21 9:00- 10:00am (EST)	Chapters 13 "Lifespan Nutrition from Pregnancy to the Toddler Years" Chapter 14 "Lifespan Nutrition During Childhood and Adolescence" Chapter 15 "Lifespan Nutrition in Adulthood" Guest Speaker (Dr. Incisors)	Quiz #9 -for Chapter 8&12 (at the first 15 minutes of the class) DUE: Weekly Assignment #9 "Self-quiz 15 questions- Lifespan Nutrition Needs"
WEEK 14	Wednesday 4-6-22 9:00- 10:00am (EST)	Chapter 16 "Performance Nutrition" Chapter 17 "Food Safety" Chapter 18 "Nutritional Issues"	Quiz #10 -for Chapter 13-15 (at the first 15 minutes of the class) DUE: Weekly Assignment #10 "Self-quiz 15 questions-Last One"

		Guest Speaker (Dr. Molars)	
WEEK 15	Wednesday 4-13-22 9:00- 10:00am (EST)	Group Presentation	DUE: Written Paper DUE: Group Presentation (PPT and Oral Presentation)
WEEK 16	Wednesday 4-20-22 9:00- 10:00am (EST)	FINAL EXAM	Happy Summer!

WEEKS		Teacher Lecture	Video Media	Group Work	Partner Work	Individual Work	Guest Speaker	Student Oral Presentation	Quiz/Exam
1		Class introduction Discuss syllabus							
2		X				Weekly Assignment #1 Self-quiz 15 questions			
3		X	X			Weekly Assignment #2 Self-quiz 15 questions			Quizz #1 -for Chapter 1
4		X			Weekly Assignment #3 10 Short Answers				Quiz #2 for Chapter 2
5		X				Weekly Assignment #4 Self-quiz 15 questions			Quiz #3 Chapter 3
6		X				Weekly Assignment #5 Self-quiz 15 questions			Quiz #4 Chapter 4
7		X				Weekly Assignment #6 Self-quiz 15 questions			Quiz #5 Chapter 5&7
8									Midterm
9		Spring Break							
10		X	X			Weekly Assignment #7 Self-quiz 15 questions			Quiz #6 Chapter 6
11		X	X		Weekly Assignment #8				Quiz #7 Chapter 9
12		X				Individual Project 3-day Plan			Quiz #8 Chapter 10&11
13						Weekly Assignment #9 Self-quiz 15 questions	X		Quiz #9 Chapter 8&12
14						Weekly Assignment #10 Self-quiz 15 questions	X		Quiz #10 Chapter 13-15
15				Group Case Due (For Selected Nutrition Topic)		Written Paper-Based Selected on Nutrition Topic		Oral Presentation for the Group Case	
16									Final Exam
TOTAL:		10	3	1	2	10	2	1	12