TENTATIVE COURSE OUTLINE (subject to change based on course flow):

Please see Blackboard for additional links and readings available to you for each topic. Some may be required and will be indicated as such. Otherwise your text will be the primary source for information/reading/review.

<table>
<thead>
<tr>
<th>DATE/TOPICS/READING</th>
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<td>*NOTE: weeks are Tues - Mon</td>
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<tr>
<td><strong>March 20 – Mar 26</strong></td>
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**READ: INSEL CHPTS 1-3**
1: Food Choices: Nutrients and Nourishment
2: Nutrition Guidelines and Assessment
   *Spotlight (Supplements, after Chpt 2)*
3: Digestion and Absorption
   Quiz #1 will cover this material

**REVIEW LEARNING MODULE AND LINKS/VIDEOS AVAILABLE WEEKLY TO ENHANCE LEARNING AND CONTENT RETENTION**

<table>
<thead>
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<th>DATE/TOPICS/READING</th>
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<td><strong>March 27 – April 2</strong></td>
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**READ: Insel Chpts 4-5**
4: Carbohydrates
5: Lipids
   Quiz #2 will cover this material

**DATE/TOPICS/READING**

<table>
<thead>
<tr>
<th>DATE/TOPICS/READING</th>
<th>WEEK</th>
<th>DATE</th>
<th>TOPICS</th>
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<tbody>
<tr>
<td>March 20 – Mar 26</td>
<td><strong>1</strong></td>
<td><strong>1</strong></td>
<td>SYLLABUS (READ!) and Insel Textbook and Bb items</td>
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<td></td>
<td>- Introduction to course</td>
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<td>- Assignment Review</td>
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<td>- Food Label Activity Due in week 3!</td>
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<td>- Start Dietary Analysis on time so you have a MINIMUM of 7 days recorded!</td>
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<td>- Choose your Healing Foods topic as soon as you want and post (don’t need to wait to post)</td>
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**ASSIGNMENTS/ACTIVITIES**

<table>
<thead>
<tr>
<th>WORK/EXAM/DUE schedule</th>
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<tr>
<td>TO BEGIN:</td>
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<tr>
<td>- Review START HERE page on Blackboard</td>
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<tr>
<td>- Review Course Syllabus, Schedule and ASU Honor Code. Select “Mark Reviewed” to agree to terms of the course and ASU’s policies and access course content.</td>
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**DUE: Fri, March 23rd, 11:59pm**
- Post to “Self-Introduction” Discussion Board**
- Complete and Submit the practice quiz for Respondus and Lockdown Browser

**DUE: Mon, March 26th**
(Read Insel chpts 1-3):
- Peer responses to Group Discussion Board for Self-Introduction (review instructions/questions for full credit/rubric)
- Quiz #1^ (CANNOT access until you take the practice quiz!)

**DUE Thurs, March 29 (due earlier with holiday on Friday this week)**
- Post to Week #2 Group Discussion Board Initial Response

**DUE Mon, April 2nd**
- Peer responses to Week #2 Group Discussion Board (review instructions/questions for full credit/rubric)
- Quiz #2
| April 3 – April 9 | 3 | READ Insel text and review Bb items for week! | DUE Fri, April 6th  
• Post to Week #3 Group Discussion Board Initial Response  
DUE Mon, April 9th  
• Peer responses to Week #3 Group Discussion Board (review instructions/questions for full credit/rubric)  
• Quiz #3  
• Food Label Activity Assignment (due by 11:59pm) |
| April 10 – April 16 | 4 | READ Insel text and review Bb items for week! | DUE Fri, April 13th  
• Quiz #4 (NOTE earlier date with Midterm next week)  
• Healing Foods Condition/Illness chosen and posted to Blackboard Discussion Board** (see assignment)  
Midterm Exam opens Monday, April 16th, at 8:00am and closes at 11:59pm*  
(Exam covers the Chpts 1-7; 10-11; PLUS 5 questions from the Spotlight topics or supplemental readings/video (Fat Surprise) from weeks 1 & 4 from the attached files sections – make sure you read/watch them!) |
| April 17 – April 23 | 5 | READ Insel text and review Bb items for week! | DUE: Fri, April 20th  
• Post to Week #5 Group Discussion Board Initial Response  
DUE: Mon, April 23rd  
• Peer responses to Week #5 Group Discussion Board (review instructions/questions for full credit/rubric)  
• Quiz #5  
• Dietary Analysis Assignment (due by 11:59pm) |
| April 24 – April 30 | 6 | READ Insel text and review Bb items for week! **LOTS of GOOD stuff in here this week!** | DUE: Mon, April 30  
• Quiz #6 |

**Insel Chpts 6-7**  
6: Proteins and Amino Acids  
7: Alcohol  
Quiz #3 will cover this material **CONTINUE to work on and plan for Dietary Analysis Assignment.**

**Insel Chpts 10-11**  
10: Fat-Soluble Vitamins  
11: Water-Soluble Vitamins  
Quiz #4 will cover this material **Dietary Analysis Assignment due NEXT WEEK and we are halfway done and your Healing Foods Assignment should be started by now 😊**

**Insel Chpts 12-13**  
12: Water and Major Minerals  
13: Trace Minerals  
Quiz #5 will cover this material

**Insel Chpts 8-9; 14-15**  
8: Metabolism  
9: Energy Balance and Weight Management  
14: Sports Nutrition  
**HEALING FOODS Assignment due NEXT WEEK!**
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<tr>
<td>Spotlight (Obesity, after Chpt 9)</td>
<td>Spotlight (Eating Disorders, after Chpt 14)</td>
<td>Quiz #6 will cover this material</td>
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**May 1 – May 7**

**READ**: Insel Chpts 16-17
16: Life Cycle: Maternal and Infant Nutrition
17: Life Cycle: From Childhood to Adulthood
Quiz #7 will cover this material

**May 8 – May 11**

**READ**: Insel Chpts 18-19
18: Food Safety and Technology
19: World View of Nutrition
Quiz #8 will cover this material

| 7 | READ Insel text and review Bb items for week! | DUE: Mon, May 7
• Quiz #7
• Healing Foods Assignment (due by 11:59pm). |

| 8 | READ Insel text and review Bb items for week! | SHORT WEEK!! PAY ATTENTION!
DUE: THURS, May 10
• Quiz #8 |

Final Exam opens Friday, May 11th, at 8:00am and closes at 11:59pm*
(Final Exam covers Chpts 8-9; 12-19; PLUS 5 questions from the Spotlight topics or supplemental readings from weeks 5 & 6 from the attached files sections – make sure you read them!)

*NOTE: all quizzes and exams will CLOSE at 11:59pm CST unless otherwise marked.
^NOTE: all quizzes will open on the Thursday at 8:00am before they are due unless otherwise marked
**NOTE: note these assignments go to the main discussion board, NOT your groups. Please post accordingly.