



June 10	Introduction/Nutrition and Food Choices in Today's World	Chapter 1 Controversy 1,2
June 10	Nutrition Rx; Tools for Planning Nourishing Meals and Snacks	Chapter 2
June 12	Remarkable Body: Digestion/Absorption Carbohydrates (CHO)	Chapter 3 pp 77- 92 Chapter 4 cont 4
June 17	CHO/ Lipids	Chapter 4/ 5 Controversy 5
June 19	Lipids/Protein/Vegetarianism	Chapter 6 Controversy 6
June 24	<i>Exam 1 Chapters 1, 2,3(pp77-92) 4, 5, 6 Selected Controversies After test: Presentations</i>	
June 26	Vitamins	Chapter 7 Controversy 7
July 1	Minerals/Water/Osteoporosis	Chapter 8 Controversy 8
July 3	Metabolism/Energy Balance	Handout/Chapter 9
July 8	Weight Control/Fad Diets	Chapter 9 Controversy 9
July 10	Eating Disorders/Sports Nutrition	Chapter 10 Controversy 10
July 15	<i>Exam 2 Chapters,7,8,9,Metabolism and Controversy 9 After test: Presentations</i>	
July 17	Pregnancy/Lactation/Infant Child Feeding Nutrition Self Study Due	Chapter 13 & 14
July 22	Teen/Older Adult/Alcohol Food Safety/Hunger in Connecticut	Chapter 14 Controversy 3 Chapter 12 pp 462-477
July 24	Nutrition and Heart Health, Nutrition and Cancer/ Presentations	Chapter 11
July 29 July 31	<i>Exam 3 Chapters 10,11, 13,14 Cont. 3 Comprehensive final Exam</i>	

