

Week	Date	Topic	Textbook Pages	Reading Section Headings
Significance of Nutrition				
1	30-Mar	Introductory lecture		
1	1-Apr	Nutrition and health	P 1-11	Chapter 1 – Introduction, Introducing the Science of Nutrition, Food Provides Nutrients and Energy, What is Malnutrition?, and Nutrient Intake and Energy Recommendations
1	3-Apr	Choosing foods wisely	P 25-46	Chapter 2 – Introduction, Healthy Diets Feature..., Understanding the Nutrient Density..., Limit these..., Dietary Guidelines..., Global Nutrition, Understanding the Labeling...
2	6-Apr	Food safety	P 532-542, 543-551	Spotlight H – Introduction, A Brief History..., Foodborne Intoxication..., Food Safety in the Home
2	8-Apr	Food security	P 509-516	Chapter 14 – Introduction, Food and Nutrition Security
Biology of Nutrition				
2	10-Apr	Digestion and absorption 1	P 55-74	Chapter 3 – Introduction, Overview of the Digestive Process, Overview of the Mechanical..., The Path..., The Role of Bacteria...
3	13-Apr	Digestion and absorption 2	P 74-77	Chapter 3 – Digestive Disorders, Irritable Bowel Syndrome..., Awareness of Celiac Disease is Growing
3	15-Apr	Carbohydrates 1	P 83-96, 98-103	Chapter 4 – Introduction, What are Carbohydrates?, The Digestion of Carbohydrates, Understanding Fiber, Carbohydrate Intake Recommendations
3	17-Apr	Carbohydrates 2	P 94-95, 121-123	Chapter 4 – Glucose in the Body, Blood Glucose Response...
4	20-Apr	Carbohydrates 3 (Diabetes)	P 108-120	Spotlight A – Introduction, What is Diabetes Mellitus?, Type 2 Diabetes (<i>not including Gestational Diabetes</i>), Diabetes Treatment and Prevention
4	22-Apr	Proteins 1	P 175-183	Chapter 6 – Introduction, Recommendations for Protein Intake, Protein Synthesis, Digestion and Absorption..., Varied Functions...
4	24-Apr	Proteins 2	P 183-194, 201-204, 211-212	Chapter 6 – Protein Turnover and Nitrogen Balance, Protein Quality, Protein-Deficiency, High Protein Diets Spotlight C - Introduction, Vegetarian and Semi-Vegetarian Diets, Benefits of a Diet Rich in Plants, Nutritional Considerations and Concerns...
5	27-Apr	Lipids 1	P 131-139, 142-146	Chapter 5 - Introduction, Dietary Fat, Overview of the Lipids, Essential Fatty Acids, Trans Fats
5	29-Apr	Lipids 2	P 139-142, 146-147	Chapter 5 - Lipid Digestion and Absorption, Lipoprotein Transport, Current Fat Intake and Recommendations
5	1-May	Lipids 3 (Heart disease)	P 154-166	Spotlight B – Introduction, Atherosclerosis and Cardiovascular Disease, Risk Factors..., A Heart-Protective Diet
6	4-May	Metabolism 1	MET 1 – MET 5, MET 8 – MET 10, MET 11 – MET 14	Metabolism Supplement -What Is Metabolism, Overview of Energy Metabolism, Fatty Acid Oxidation..., Ketogenesis, Amino Acid Metabolism, Feasting and Fasting Cycle... [RECOMMENDATION - Read after lecture so you know the level of detail to focus on]
6	6-May	Metabolism 2 (Alcohol)	P 418-427 MET 10 – MET 11	Chapter 13 - Alcohol Metabolism Supplement - Alcohol Metabolism
6	8-May	Water soluble vitamins 1	P 223-225 249-261, AP3-1	Chapter 7 - Introducing the Vitamins Chapter 8 - Introduction, Characteristics of..., The B Vitamins (up to Folate) Appendix 3 - Vitamins and Minerals Directly Involved in Energy Metabolism
7	11-May	Water soluble vitamins 2	P 261-269, AP3-7	Chapter 8 - The B Vitamins (Folate and B12, NOT choline), Vitamin C
7	13-May	Fat soluble vitamins	P 225-242, AP3-2 – AP3-3, AP3-8	Chapter 7 - Properties of Fat-Soluble Vitamins, Vitamin A, Antioxidants Protect..., Vitamin D, Vitamin E, Vitamin K Appendix 3 - Nutrients with Antioxidant Function
7	15-May	Bone-related minerals	P 278-285, AP3-4 – AP3-5	Chapter 9 - Minerals in our Food, Calcium, Magnesium..., Appendix 3 - Nutrients Involved in Bone Health
8	18-May	Trace minerals	P 275-278, 305-319	Chapter 9 - Introduction, Overview of Minerals Chapter 10 - Introduction, Introducing the Trace Minerals, Iodine..., Iron, Zinc
8	20-May	Major minerals and water	P 285-297	Chapter 9 - Sodium, Potassium..., Water, Water Intake Recommendations
Applications of Nutrition				
8	22-May	Energy balance & body weight regulation	P 353-357, 360-370	Chapter 11 - Introduction, Energy In..., A Neat Cause..., Lifestyle and Energy Balance

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9	25-May	HOLIDAY		
9	27-May	Disordered eating behaviors	P 397-398, 412-418	Chapter 13 - Determinants of Eating Behavior, Eating Challenges..., Eating Disorders Chapter 12 - Female Athlete Triad
9	29-May	Nutrition and fitness	P 383-397, 398-401	Chapter 12 - Introduction, Components..., Fueling..., Measures..., Dietary Carbohydrates..., Hydrating the Athlete, Physical Fitness...
10	1-Jun	Nutrition during pregnancy	P 435-448	Spotlight E - Introduction, Changing Nutritional Needs, Energy and ..., A Healthy Pregnancy
10	3-Jun	Nutrition during infancy	P 449-454, 462-463, 475-479	Spotlight E - Postnatal Nutrition, Nutrition During Lactation, Formula Feeding, Nutrition for the Growing Child Spotlight F - Growth and Development..., Food Allergies
10	5-Jun	Nutrition in the elderly	P 484-504	Spotlight G - Introduction, What Happens..., Life Expectancy..., Blue Zones, Energy Needs..., Special Nutritional..., Nutrient Recommendations..., Maintaining..., Blue Zone...