

NUTR1010 DE
Introduction to Nutrition
Summer 2015
Instructor: Lise Smedmor

Course Introduction

This course, NUTR*1010 Nutrition and Society, is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, (*très cool*) functions, and (*even cooler*) relationships to health. Topics will include digestion and absorption; the energy-containing nutrients; selected vitamins and minerals; weight management; and nutrition and physical activity.

Like other first year introductory courses, NUTR*1010 covers basic concepts and basic systems; it includes a lot of information. You might feel like you have to memorize everything! **My role** as the instructor is to help you focus on what is most important — whether it is a concept, system, or set of facts. **Your role** is to keep up with the material each week; do the readings, activities, and practice quizzes; and be an active participant in the online discussions. To be successful in a DE (distance education) course, you have to keep on top of things. **DON'T PROCRASTINATE!**

Course Learning Outcomes

By the end of this course, you will be a more knowledgeable consumer of food. That's a lofty goal - let's break it down:

- Interpret and apply the Dietary Reference Intakes (DRI), *Eating Well With Canada's Food Guide*, and nutrition labeling guidelines, and what these mean for everyday nutrition;
- Use critical analysis skills to discriminate between sound nutrition information and nutrition "quackery;"
- Identify and explain dietary sources, relationships to human health, and consequences of consuming too little or too much, of various nutrients (carbohydrate, protein, fat and selected vitamins and minerals);
- Explain what happens to food after we eat it (i.e., digestion and absorption);
- Describe the basics of healthy eating; vegetarianism; weight management; and sports nutrition

Course Structure

This course has 12 units, one for each week of the semester. One chapter of the textbook is covered each week, starting with Chapter 1. We proceed in order through the text; the basic concepts build and are repeated throughout the later chapters.

The following topics will be covered in the units:

- Nutrition: Food for health
- Nutrition guidelines: Applying the science of nutrition
- Digestion, absorption, and metabolism
- Carbohydrates: Sugars, starches, and fibre
- Lipids
- Proteins and amino acids
- Energy balance and weight management
- The water-soluble vitamins
- The fat-soluble vitamins
- Water and electrolytes
- Minerals
- Nutrition and physical activity

Each unit follows the same format in the same order:

- Introduction.
- Learning Outcomes. The learning goals for the unit.
- Readings. The text chapter associated with the unit. For some units, readings may include all sections in a chapter; for other units, the readings may include selected sections only.
- You Are Not Responsible For. This section describes sections of the chapter readings for which you are not responsible for knowing or studying, either for quizzing, testing or assignment purposes.
- Prof's Notes (to complement, not replace, chapter readings). This section contains important bullet points taken from readings and/or additional points designed to help you in your learning. Note that quiz and testing questions come from this section and also from content in the chapter readings.
- Activities. Learning activities associated with the unit, links to interesting websites, etc. Are they mandatory? No. Are they recommended? Absolutely! They are designed to help you learn and apply the material.
- Summary.
- Practice Quizzes. While quizzes do not count towards your final grade, they are there to help guide your studying. The learning activities, like the quizzes, are there to help you apply your learning and guide your studying. The websites are for your own information; their content is not testable.
- Plan Ahead. This section gives you a heads-up for the next unit and for what assignment and/or test is coming up.

Discussions

Online discussions are a means of exchanging information, resources and files, posing questions, sharing and debating ideas, and interacting with your classmates at your convenience. The discussions are open to all students in the class and set up for you to connect with your peers for many purposes:

- **Class introductions:** Use this discussion to introduce yourself to your classmates.
- **Main Class Discussion:** Use this discussion to post your inquiries about *course-related issues* (such as schedule, assignments, due dates, or grading) or *technical issues* (such as difficulty submitting assignments, inability to open the page, or broken links). Your instructor will read and reply to these questions for the benefit of all students in the course.
- **Unit Discussion:** You are encouraged to use this discussion area on a weekly basis to connect with other students and ask questions about the Unit content or raise other related issues.

While general discussions are not graded, participation in these activities provides you with the opportunity to connect with each other and to discuss with your peers other issues that are not addressed on the course website or not related to the graded course discussions. To access discussions, select the **Discussions** link in the NavBar.

Required Assignments

During this course, you will complete two assignments to demonstrate your accomplishment of course learning outcomes. One assignment will be completed in the Discussions area, and the other assignment must be submitted individually via **Dropbox** located in the Navbar. A full description of these assignments is given on the **Assignments** page.

Practice Quizzes

Unit-by-unit practice quizzes are available throughout the course. These do not count towards your final grade. Do them – they're fun! They're painless (well almost)! They're a great way to prepare for the tests and final exam!

Tests

There will be three (3) graded **online tests** in this course. They typically consist of a series of multiple-choice questions that cover the assigned textbook material. For more details on quizzes, visit the **Assignments** section.

Frequently Asked Questions (FAQs)

We compiled a list of commonly asked questions pertaining to this course. Please visit the **FAQs** link in the Navbar to familiarize yourself with common questions and answers students often ask about the course.

IMPORTANT NOTE

Visit the **Schedule** page for specific due dates and times. If you have any questions, please contact your instructor.

*Note: It is strongly recommended that you follow the course **Schedule** located in the Navbar. The **Schedule** outlines what you should be working on during each week of the course. By following the **Schedule**, you will be better prepared to complete course assignments and will be able to succeed in this course.*

Course Resources

Required Textbook:

Title: Nutrition Science and Applications

Authors: Smolin, Grosvenor and Gurfinkel.

Edition: Canadian Edition, 2012

Publisher: John Wiley & Sons Canada, Ltd., Mississauga ON

You may purchase this textbook at the [University of Guelph Bookstore](#) or the [Guelph Campus Co-op Bookstore](#).

One textbook copy will be placed on reserve at the University of Guelph Library.

Course Website

The course website acts as your classroom. There are a variety of course content, learning activities, and other relevant information provided within each unit. You will also find the links to supplementary online resources throughout the course. It is recommended that you log in to your course website everyday to check for announcements, access course materials, read unit content, review weekly schedule and assignment requirements, participate in discussions, and take quizzes.

Technical Requirements

You are expected to have an understanding of Internet and email basics. You will be navigating and searching the Internet and corresponding with others in your class using web-based conferencing and email.

Please ensure that your computer system meets the [Minimum Requirements opens in new browser window/tab](#).

If you do not have these technical requirements, consider either upgrading your personal computer, or using a machine on campus. Trying to use someone else's computer for the course may prove to be frustrating and difficult.

Please follow this quick [System Check opens in new browser window/tab](#) to determine if you have the right setup. (Results will be displayed in a new browser window).

Evaluation

The table below outlines the assignments that you are responsible for throughout the semester.

Course Evaluation	
Assignment	Value
Assignment #1 <ul style="list-style-type: none">Critical evaluation of a nutrition website	10%
Test #1 <ul style="list-style-type: none">Covers material from Units 01 through 03 inclusiveMultiple-choice questions	10%
Test #2 <ul style="list-style-type: none">Covers material from Units 04 through 06 inclusiveMultiple-choice questions	10%
Assignment #2 <ul style="list-style-type: none">Nutrition labelling	20%
Test #3 <ul style="list-style-type: none">Covers material from Units 07 through 09 inclusiveMultiple-choice questions	10%

Final Exam <ul style="list-style-type: none"> • Cumulative (Units 01 through 12) • Multiple-choice questions 	40%
Total	100%

See the **Assignments** section for more details on each evaluation item.

See the **Schedule** for all due dates.

Viewing the Grades

Your grades for tests and assignments will be posted under the Grades link in the Navbar.

Please give us 5-7 business days to evaluate and enter grades for assignments and tests.

Email Etiquette

Academic Style

Academic style writing is always required and this implies writing that is well organized, free of grammatical or typographic errors and research that is correctly referenced. APA bibliographic/reference style is acceptable for this course and correct form for in-text citations and bibliography must be used. Please consult the [APA style resource](#) prepared by the University of Guelph Library.

Late Assignments

Assignments will be accepted up to ONE week late; however there is a 10% (out of 100%) penalty for every day that an assignment is submitted late. Assignments won't be accepted after ONE week past the due date unless special arrangements have been made with the instructor. You will need to provide appropriate documentation supporting the late submission (e.g., doctor's note).

Missed Tests or Assignments

If you are unable to write a test due to illness or compassionate reasons, advise the course instructor as soon as possible, in writing by email. You will be asked to provide appropriate documentation of your illness or circumstances. Where possible, this should be done in advance of the test or missed/late assignment, but otherwise, just as soon as possible (within one week, no later) after the missed test. The weighting of the missed test will be added to that of the final exam. So, if you miss Test 1, your final exam will be worth 50% of your final grade. A missed final exam will need to be taken in the fall semester during the make-up dates set by the registrar. In the meantime, your grade for the course will be INC (incomplete).

Academic Misconduct

Academic misconduct is taken very seriously. If you cheat on a test, you will be assigned a mark of 0 (zero) for the test according to university policy. If you plagiarize all or a portion of either assignment, you will be assigned a mark of 0 (zero) for the assignment according to university policy. If it is your second offence, you will be suspended from the university. It is your responsibility to follow rules pertaining to academic misconduct.

For more details on university policies and procedures pertaining to Distance Education, please review the **Policies and Resources** section in the Outline.

Learning Strategies for Success in this Course

This is a fully online course that differs in a number of ways from your typical on-campus courses. The online course supports the flexibility in accessing the content and managing your learning and communication with your instructor and classmates. You may do your work at any location and whenever you have the time. However, there are deadlines for assignments that you must meet. To be successful in this DE course, you have to keep on top of things. **DON'T PROCRASTINATE!**

WHERE TO GET STARTED WITH THIS COURSE

Your course website acts as your classroom. Start by navigating through all the course components to become comfortable with the organization of the course and familiar with the course expectations. If you are new to online learning or to this version of Courselink go to the **Start Here** link (located in the upper left portion of the NavBar) to get familiar with various content areas and tools of this site.

Then continue with the course **Outline** that establishes the course expectations, approach to learning, and methods and criteria for evaluation. You also need to visit the **Schedule** page where you will find a weekly timeline for the course along with due dates. On the **Assignments** page, you will find out about the requirements of each assignment in the course. The **Units** will guide you through the course. The **Resources** section of the course website has useful general information and links. If you have any questions you can ask them in the **Main Class** Discussion.

KEYS TO SUCCEEDING IN THIS COURSE

To get the most from your learning experience and succeed in this course, you will be expected to take on a proactive approach to learning by using the following learning strategies:

- **Log in to the course site about 3 times per week** to find out what to do, get help, and talk to your instructor and your classmates. If you feel lost in the online course environment, don't panic. Look for **News** postings (i.e., instructor's announcements) on your course home page that might give you information about how to proceed.
- **Spend about 9-12 hours per week** to complete your work on the course. Remember when you take a regular course on campus; you usually spend 3

hours a week in class and 6-9 hours a week outside of class on homework. All these hours you will need to spend online now.

- **Keep up** with your readings on a weekly basis. These include reading material from the textbook and units. It is a good idea to start your reading with an introduction provided in each unit on the course website.
- **Participate actively** in general discussions by posting messages and replying to the messages on a weekly basis. Because you are part of a community of learners in this course, a lot depends on your participation in course activities.
- **Make meaningful contributions** to the discussions and avoid last minute participation, particularly for your Assignment 1 Discussion. If you are required to provide comments to your classmates' discussion contributions, you will be letting your classmates down if you don't post your replies in a timely manner. See more details on how to participate in online discussions in the next section.
- **Use the instructions and criteria list** in planning for your assignments and review them before you submit your original work for marking. Sadly, high quality work has lost marks simply because the stated instructions were not followed.
- **Submit all required assignments on time** as specified on the **Schedule** page. Be sure to check the technical requirements and make sure you have the proper computer, that you have a supported browser, and that you have reliable Internet access. Remember that technical difficulty is not an excuse not to turn in your assignment on time. Don't wait until the last minute as you may get behind in your work.
- **Ask questions** of your instructor, TAs, and classmates in order to find solutions to issues with which you are unfamiliar. Post your questions in one of the discussions depending on the purpose of your message.
- **Determine and implement effective time management skills** for this course. Read carefully the course schedule to help you create a structure for participation and manage your workload in the course. Plan to set aside time each week to complete course readings and assignments. Visit the **Schedule** page to chart out your workload and timelines for completion.
- **Work hard, or even harder**, than in your typical face-to-face course. Assess and make modifications to your learning in order to become an independent learner, with guidance from your instructor. Be prepared for self-study and for monitoring and pacing your learning.

- **Foster a learning environment that is non-threatening, safe, and without unpleasant language or unconstructive attitudes.** You are expected to carry your weight in group work and encourage collaboration.
- **Make friends and have fun!** Because everyone must post messages in the discussions, you can get to know your instructor, TA, and classmates sometimes even better than you do in your regular course. Keep in mind that the more you contribute to your online course, the more you will get out of it.

If you encounter a technical difficulty of any kind, contact your instructor for assistance. You can post your questions in the *Main Class Discussion* located in the **Discussions** area in the Navbar, or you can send your instructor a private email if it is concerning a personal matter. See the *Problems, Questions, Comments* section at the end of the **Outline** for instructor's contact information.

OPTIMIZE YOUR LEARNING WITH WEEKLY ROUTINE

As mentioned earlier, flexibility and self-regulation are inherent in online learning. They can also be major challenges if you tend to procrastinate or lack time management skills.

Therefore you need to set aside uninterrupted time when you are at your best for studying and take responsibility for what you learn and what you do throughout the course. Try to make up a weekly time plan and learn to follow it. Schedule your study throughout the week so that you don't have to finish all assignments in one day, e.g., try to complete Task A by Thursday and Task B by Monday. An ideal combination would be 1-2 learning tasks per day.

You might consider the following as a weekly routine for your study:

- Check for course updates from your instructor in the **News** located on the course home page.
- Review the **Schedule** for assignment due dates and other information.
- Consult the **Assignments** page for requirements.
- Work through the **Unit** section assigned for every two weeks.
- You can bookmark where you are in the course when you leave so that you can return to that place from the **Bookmarks** widget located on the course home page.
- Visit **Discussions** area and participate by asking questions, making comments, or offering support to your classmates.

These are just a few tips that you might find helpful to succeed in this online course. Each of you has different learning styles and preferences, apply those that fit your situation. Good luck with your course!

Online Discussion Expectations

One of the most important things in online learning is to establish trust among the members of the learning community, many of whom you might not meet face-to-face. Building this trust and carrying it through your course can depend on your use of these guidelines, which is the code of behaviour established for communicating online.

Here are some basic expectations of your behavior in the **Discussions** area:

- **Text has permanence.** What you say online is difficult to retract later. Be judicious: think twice, click once.
- **Ask for clarification** before making judgments. Review your tone before you publish your posting.
- **Use participants' names** when communicating.
- **Address the ideas**, not the person, when reacting to another participant's message.
- **No YELLING.** Using bold upper-case letters is bad form, like stomping around and yelling at somebody (NOT TO MENTION BEING HARD ON THE EYE).
- **No Flaming!** Criticism must be constructive and well articulated. Rants directed at any other contributor are simply unacceptable and will not be tolerated. The same goes for profanity. The academic environment expects higher-order language.
- **Avoid jokes and sarcasm**, which often don't translate well to the online environment.
- **Respect privacy and original ideas.** If you are responding to a specific point made by someone else, be sure to quote the originator of the material. Ask before forwarding items created by someone else.
- **Post as early as possible** to get the discussion going and help the conversation flow. At the same time, do not be offended if your classmates do not post back right away; commitments other than school often interfere with their best intentions.
- **Use APA Writing Style and Cite Your Sources.** Write as if you were writing a term paper. Correct spelling, grammatical construction, and sentence structure are expected in every other academic writing activity. Online discussions are no different. If your contribution to the conversation includes the intellectual property (authored material) of others, e.g., books, newspaper, magazine, or journal articles—online or in print—they must be given proper attribution.
- **Review Your Written Posts and Responses before submitting.** Be mindful and ensure that you've conveyed exactly what you intended. Read your post out loud before hitting the send button. This is an excellent opportunity to practice your proofreading, revision, and rewriting skills—valuable assets in the professional world.
- **Have fun and enjoy the discussion!!!**

Note: If you notice disrespectful or hostile behavior in the Discussions area, let your instructor know about problems right away so that she can follow up and address the issue.

Distance Education and Open Learning Program Handbooks

Degree Credit Students:

Please ensure that you have reviewed the [DE Handbook](#). In particular, ensure that you review the sections that pertain to Assignment Submissions and Returns, Online Quizzes or Tests and Final Examinations.

Open Learning Program Students:

Please ensure that you have reviewed the [Open Learning program Handbook](#) for the specific procedures and policies related to your studies through Open Learning and Educational Support.

Email Communication

Degree Credit Students:

As per university regulations, all students are required to check their uoguelph.ca e-mail account regularly: e-mail is the official route of communication between the University and its students.

Open Learning Program Students *without* a University of Guelph email account:

Check your email account (the account you provided upon registration) regularly for important communications, as this is the primary conduit by which the Open Learning and Educational Support will notify you of events, deadlines, announcements or any other official information.

When You Cannot Meet Course Requirements

Degree Credit Students:

When you find yourself unable to meet an in-course requirement due to illness or compassionate reasons, please advise your course instructor **in writing**, with your name, ID number and email contact. See the [Undergraduate Calendar](#) for information on regulations and procedures for Academic Consideration.

Open Learning Program Students:

Please refer to the [Open Learning program Handbook](#).

Drop Date

Degree Credit Students:

The last date to drop one-semester courses, without academic penalty, is indicated in the **Schedule** section of this course website. [See the Undergraduate Calendar for regulations and procedures for Dropping Courses.](#)

Open Learning Program Students:

Please refer to the [Open Learning program Handbook.](#)

Copies of Assignments

Keep paper and/or other reliable back-up copies of all assignments: you may be asked to resubmit work at any time.

Accessibility

Degree Credit Students:

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Student Accessibility Services as soon as possible. For more information, contact SAS at 519-824-4120 ext. 56208 or email csd@uoguelph.ca or see the website: [Student Accessibility Services.](#)

Open Learning Program Students:

Students with disabilities requiring special accommodation for tests during the semester or for final exams shall contact the Open Learning and Educational Support Program Counsellor at counsellor@OpenEd.uoguelph.ca, before the end of the first week of classes to ensure that appropriate support can be arranged. If contact is not made by this time, support may be delayed. Students will be asked to provide documentation from a health professional or from their home institution. Please note all information provided is held in confidence.

Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

The [Academic Misconduct Policy](#) is detailed in the Undergraduate Calendar.

Acceptable Use

The University of Guelph has an [Acceptable Use Policy](#), which you are expected to adhere to.

Copyright Notice

All content within this course is copyright protected. Third party copyrighted materials (such as book chapters and articles) have either been licensed for use in this course, or have been copied under an exception or limitation in Canadian Copyright law.

The fair dealing exemption in Canada's Copyright Act permits students to reproduce short excerpts from copyright-protected materials for purposes such as research, education, private study, criticism and review, with proper attribution. Any other copying, communicating, or distribution of any content provided in this course, except as permitted by law, may be an infringement of copyright if done without proper license or the consent of the copyright owner. Examples of infringing uses of copyrighted works would include uploading materials to a commercial third party web site, or making paper or electronic reproductions of all, or a substantial part, of works such as textbooks for commercial purposes.

Students who upload to CourseLink copyrighted materials such as book chapters, journal articles, or materials taken from the Internet, must ensure that they comply with Canadian Copyright law or with the terms of the University's electronic resource licenses.

For more information about students' rights and obligations with respect to copyrighted works, see [Fair Dealing Guidance for Students](#).

Grades

The assignment of grades at the University of Guelph is based on clearly defined standards, which are published in the Undergraduate Calendar for the benefit of faculty and students.

Grading System

In courses, which comprise a part of the student's program, standings will be reported according to the following schedule of grades:

Letter Grade	Percentage
A+	90-100
A	85-89
A-	80-84
B+	77-79
B	73-76
B-	70-72
C+	67-69
C	64-66
C-	60-62
D+	57-59
D	53-56
D-	50-52
F	0-49

Statement of Students' Academic Responsibilities

Degree Credit Students:

Your success as a student depends above all on your own response to the opportunities and responsibilities that the university environment provides. The University of Guelph is committed to supporting you in your intellectual development and responding to your individual needs. To this end, a broad network of advising, counselling, and support services is provided to assist you in meeting your personal and academic goals.

For more information on your responsibilities as a student, see [Statement of Students' Academic Responsibilities](#).

Open Learning Program Students:

Your success as a student depends, above all, on your own response to the opportunities and responsibilities that the university environment provides. Open Learning and Educational Support is committed to supporting you in your intellectual development and responding to your individual needs.

For more information on your responsibilities as a student, see [Statement of Students' Academic Responsibilities](#).

Plagiarism Detection Software

Students should be aware that faculty have the right to use software to aid in the detection of plagiarism or copying and to examine students orally on submitted work. For students found guilty of academic misconduct, serious penalties, up to and including suspension or expulsion from the University can be imposed.

Recording of Materials

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

Religious Holidays

Should a student need to miss scheduled tests, mid-term examinations, final examinations, or requirements to attend classes and participate in laboratories for religious reasons, please advise the instructor within two weeks of the distribution of this course outline so that alternate arrangements can be made.

Resources

Degree Credit Students:

The Academic Calendars are the source of information about the University of Guelph's procedures, policies and regulations, which apply to undergraduate, graduate and diploma programs. [See Academic Calendars](#).

Open Learning Program Students:

The [Open Learning program Handbook](#) is the source for information about policies and regulations.

Problems, Questions, Comments

Instructor

Lise Smedmor - nutr1010@uoguelph.ca

TAs

Laura Wilson - lwilso13@uoguelph.ca

Simone Holligan - holligas@uoguelph.ca

Rachel Quehl - rquehl@uoguelph.ca

Technical Support

Open Learning and Educational Support

University of Guelph

Room 211 Day Hall

519-824-4120 ex. 56939

Toll-Free (Can/U.S.): 1-866-275-1478

help@OpenEd.uoguelph.ca

General Inquiries

Open Learning and Educational Support

University of Guelph

Room 160 Johnston Hall

519-824-4120 ex. 55000

519-824-1112 (fax)

info@OpenEd.uoguelph.ca

Unit 01: Nutrition: Food for Health

Dates	Readings, Activities, and Due Dates
Week 1 Thursday May 7 to Sunday May 17	Readings <ul style="list-style-type: none">Chapter 1 – sections 1.1, 1.2, 1.3 & 1.6 To Help You Stay On Track <ul style="list-style-type: none">Familiarize yourself with the course website by reading the Start Here pages that you can access from the NavBarGet to know your classmates by introducing yourself in the Introductions DiscussionGo through each section page of Unit 01; this will guide you in your learningDo the Unit 01 practice quiz

Unit 02: Nutrition Guidelines: Applying the Science of Nutrition

Dates	Readings, Activities, and Due Dates
Week 2 Monday May 18 to Sunday May 24	Readings <ul style="list-style-type: none">Chapter 2 – sections 2.2, 2.3, 2.5 To Help You Stay On Track <ul style="list-style-type: none">Go through each section page of Unit 02Do the Unit 02 practice quizStart working on Assignment 1 (Find a nutrition website for

evaluation)

Due: Monday, May 25 at 11:59 p.m. EDT (Part 1 of Assignment 1)

Unit 03: Digestion, Absorption, and Metabolism

Dates	Readings, Activities, and Due Dates
Week 3 Monday May 25 to Sunday May 31	Readings <ul style="list-style-type: none">Chapter 3 – sections 3.1 to 3.7 To Help You Stay On Track <ul style="list-style-type: none">Go through each section page of Unit 03Do the Unit 03 practice quiz Assignments <ul style="list-style-type: none">Post your original post (Part 1 of Assignment #1) Due: Monday, May 25 at 11:59 p.m. EDTRespond to three classmates' posts (Part 2 of Assignment #1) Due: Friday, May 29 at 11:59 p.m. EDT

Unit 04: Carbohydrates: Sugars, Starches, and Fibre

Dates	Readings, Activities, and Due Dates
Week 4	Readings

Monday June 1 to Sunday June 7	<ul style="list-style-type: none"> Chapter 4 – sections 4.1 to 4.3 and 4.5 to 4.7 <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> Go through each section page of Unit 04 Do the Unit 04 practice quiz <p>Assignments</p> <ul style="list-style-type: none"> Complete Test #1 (covers units 01 through 03) Opens: Monday, June 1 at 12:01 a.m. EDT Closes: Friday, June 5 at 11:59 p.m. EDT
Unit 05: Lipids	
Dates	Readings, Activities, and Due Dates
Week 5 Monday June 8 to Sunday June 14	<p>Readings</p> <ul style="list-style-type: none"> Chapter 5 – sections 5.1 to 5.7 <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> Go through each section page of Unit 05 Do the Unit 05 practice quiz
Unit 06: Proteins and Amino Acids	
Dates	Readings, Activities, and Due Dates
Week 6	Readings

<p>Monday June 15</p> <p>to</p> <p>Sunday June 21</p>	<ul style="list-style-type: none"> Chapter 6 – sections 6.1 through 6.7 <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> Go through each section page of Unit 06 Do the Unit 06 practice quiz Start working on Assignment #2 Due: Friday, July 3 at 11:59 p.m. EDT
<p>Unit 07: Energy Balance and Weight Management</p>	
Dates	Readings, Activities, and Due Dates
<p>Week 7</p> <p>Monday June 22</p> <p>to</p> <p>Sunday June 28</p>	<p>Readings</p> <ul style="list-style-type: none"> Chapter 7 – sections 7.1 through 7.10 <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> Go through each section page of Unit 07 Do the Unit 07 practice quiz <p>Assignments</p> <ul style="list-style-type: none"> Complete Test #2 (covers units 04 through 06) Opens: Monday, June 22 at 12:01 a.m. EDT Closes: Friday, June 26 at 11:59 p.m. EDT
<p>Unit 08: The Water-Soluble Vitamins</p>	
Dates	Readings, Activities, and Due Dates

<p>Week 8</p> <p>Monday June 29</p> <p>to</p> <p>Sunday July 5</p> <p>40th Class Day: Friday July 3</p>	<p>Readings</p> <ul style="list-style-type: none"> Chapter 8 – sections 8.1 to 8.4; 8.7 to 8.10 <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> Go through each section page of Unit 08 Do the Unit 08 practice quiz <p>Assignments</p> <ul style="list-style-type: none"> Submit Assignment #2 Due: Friday July 3 at 11:59 p.m. EDT
<p>Unit 09: The Fat-Soluble Vitamins</p>	
<p>Dates</p>	<p>Readings, Activities, and Due Dates</p>
<p>Week 9</p> <p>Monday July 6</p> <p>to</p> <p>Sunday July 12</p>	<p>Readings</p> <ul style="list-style-type: none"> Chapter 9 – all sections <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> Go through each section page of Unit 09 Do the Unit 09 practice quiz
<p>Unit 10: Water and Electrolytes</p>	
<p>Dates</p>	<p>Readings, Activities, and Due Dates</p>

<p>Week 10</p> <p>Monday July 13</p> <p>to</p> <p>Sunday July 19</p>	<p>Readings</p> <ul style="list-style-type: none"> • Chapter 10 – all sections <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> • Go through each section page of Unit 10 • Do the Unit 10 practice quiz <p>Due Dates</p> <ul style="list-style-type: none"> • Complete Test #3 (covers units 07 through 09) Opens: Monday, July 13 at 12:01 a.m. EDT Closes: Friday, July 17 at 11:59 p.m. EDT
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Unit 11: Minerals

Dates	Readings, Activities, and Due Dates
<p>Week 11</p> <p>Monday July 20</p> <p>to</p> <p>Sunday July 26</p>	<p>Readings</p> <ul style="list-style-type: none"> • Chapter 11 (sections 11.1 to 11.3 only) and Chapter 12 (sections 12.1 and 12.2 only) <p>To Help You Stay On Track</p> <ul style="list-style-type: none"> • Go through each section page of Unit 11 • Do the Unit 11 practice quiz

Unit 12: Nutrition and Physical Activity

Dates	Readings, Activities, and Due Dates
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Week 12

Monday
July 27

to

Friday
July 31

Readings

- Chapter 13 – sections 13.1 to 13.6

To Help You Stay On Track

- Go through each section page of Unit 12
- Do the Unit 12 practice quiz
- Start preparing for the Final Exam

FINAL EXAM PERIOD

Thursday, August 6 to Friday, August 14