

## LECTURE SCHEDULE

### BioMed 128: Human Nutrition: Lecture Schedule, Fall 2006

Date	TOPIC	Bring	Reading Assignment
8/29/06	Introduction		
8/31/06	Nutrition Basics/ Nutrition Guidelines/Pyramid		Ch 1
9/5/06	Labels//Food Choices & hunger cues	<i>food label</i>	Ch 2
9/7/06	<b>QUIZ #1</b> / Nutrition Quackery		Ch 3
9/12/06	Research Project Assignment / Digestion & Absorption		HANDOUT
9/14/06	Digestion & Absorption		
9/19/06	<b>QUIZ #2</b> / Carbohydrates (simple vs complex)		Ch 4
9/21/06	Carbohydrates (diabetes)		
9/26/06	Carbohydrates (fiber, sweeteners)		
9/28/06	<b>QUIZ #3</b> / Lipids		Ch 5
10/3/06	Lipids /cardiovascular disease		
10/5/06	Lipids / Review for exam		
10/10/06	<b>EXAM #1</b>		
10/12/06	Protein		Ch 6
10/17/06	Protein / Vegetarianism		
10/19/06	<b>QUIZ #4</b> / Vitamins		Ch 7
10/24/06	Vitamins / Supplementation	<i>vitamin/supplement</i>	
10/26/06	<b>QUIZ #5</b> / Water and Minerals		Ch 8
10/31/06	Minerals / Osteoporosis, iron deficiency, etc		
11/2/06	Herbs and other supplements		
11/7/06	<b>EXAM #2</b>		
11/9/06	Eating Disorders		Ch 11
11/14/06	Eating disorders		Ch 11
11/16/06	<b>QUIZ #6</b> /Metabolism / Body composition		Ch 9
11/21/06	Weight Control / Obesity/ Fad Diets ***RESEARCH PROJECT DUE***	<i>homework</i>	Ch 9
11/23/06	<i>Thanksgiving Holiday</i>		
11/28/06	<b>QUIZ #7</b> / Athletics & Fitness/Sports Nutrition / Steroids		Ch 10
11/30/06	Global Nutrition		Ch 17
12/5/06	<b>QUIZ #8</b> / Food Safety		Ch 15
12/7/06	Alcohol & other drugs//Review for Final		Ch 14