

Human Metabolism and Nutrition; Chapter 25
(includes 2017 final schedule)

DAY	ACTIVITY/HOMEWORK
5/08	Purpose: <i>Introduction to Metabolism & Nutrition</i> Outcome: HMK: A1 – A5
5/09	Purpose: <i>An Overview of Cellular Respiration; Begin Carbohydrate Metabolism</i> Outcome: HMK: A6 – B4, and Sample Nutrition Calculations (show-up on the exam)
5/10	Purpose: <i>Lecture on Carbohydrate MET and the Importance of Fiber</i> Outcome: HMK: B5 – B9
5/11	Purpose: <i>How to Calculate Energy Expenditure, and Introduce the Diet Analysis Project</i> Outcome: HMK: Begin a consecutive 2-day log of your caloric consumption and expenditure for the For Diet Analysis Project (see livestrong.com/myplate , or supertracker.usda.gov , or myfitnesspal.com , or nutritiondata.com ...use an app. that shows vitamins & minerals consumed!) ** Diet Analysis Project Due on May 31st for early bird special! Regular due date is June 1st
5/12	Purpose: <i>Begin Lipid Metabolism</i> Outcome: HMK: C1 – C2
5/15	Purpose: <i>Lecture on Lipid Metabolism</i> Outcome: Food Label Analysis: How to read a food label Activity, and HMK: C3 – C4
5/16	Purpose: <i>Lecture on Lipid Metabolism</i> Project: Discuss Poster Session: The Perfect Plate – due on May 25th @ the beginning of class Outcome: HMK: C5 – C9, and Primetime: Measuring Body FAT
5/17	Purpose: <i>To Determine % Body Fat (measurements in class – wear appropriate clothing)</i> Outcome: Calculate and record % Body Fat for Diet Analysis Project
5/18	Purpose: <i>Begin Protein Metabolism</i> Outcome: HMK: D1 – D3
5/19	Purpose: <i>Lecture on Protein Metabolism</i> Outcome: HMK: D4 – D6
5/22 (per. 1); 5/23 (per. 2)	Purpose: <i>Importance of Vitamins & Minerals, and Lecture on BMR & Weight loss</i> Outcome: HMK: E1 – E8, and F1 – G5 (see vitamin/mineral info. in text and website) Purpose: <i>Work on Diet Analysis Project - in class</i> Outcome: Compile data for Diet Analysis Project
5/24-5/25	Purpose: <i>Nutrition Guidelines & Disorders, and 20/20: Food Portions in USA (~10 mins.)</i> Outcome: HMK: H1 – I2, and any 4 clinical applications of your choice! DUE Today: The Perfect Plate Poster due on May 25th @ the beginning of class
5/26-5/29	NO School – 4 day weekend
5/30	Finish lecture on nutrition – catch up
5/31	The Perfect Plate Poster Session - A Peer Review Diet Analysis Project Due today at the beginning of class – for early bird special!
6/01	Diet Analysis Project Due TODAY; NOTE: Late projects are 50% off Lecture: Fight Cancer with Food and Exercise
6/02	Minimum Day: Annual STD Presentation
6/05	Outcome: Human Nutrition Exam-No essays. Please bring a calculator! *You must turn in Chapter #25 HMK packet for credit today!
6/06	TED Talk w/ Dr. Rob Knight, USCD: How our microbes make us who we are
6/07	Purpose: <i>Prepare for Final Exam through yoga practice -- wear comfortable clothing</i> Outcome: Implementation of mindful breathing and relaxation techniques
6/08 (seniors) 6/12 (juniors)	Outcome: Human Physiology FINAL Exam -No essays. Please bring a calculator! *includes 50 multiple choice and matching questions to include the entire year.



HAVE A HAPPY and HEALTHY LIFE!