

NUIP 1020-
090

Scientific Foundations of
Nutrition

INSTRUCTOR INFORMATION



Thunder Jalili, Ph.D.

Email: Thunder.jalili@utah.edu

(<mailto:thunder.jalili@utah.edu>)

***Department of Nutrition and Integrative
Physiology ([https://health.utah.edu/nutrition-
integrative-physiology/](https://health.utah.edu/nutrition-integrative-physiology/))***

Office: HPER N 224F

Phone: 801-585-0399

Office hours ; By appointment via Zoom

TEACHING ASSISTANT INFORMATION

Contact TA via email to set up an appointment via Zoom meeting.

Tori Harget: u1328500@utah.edu (<mailto:u1328500@utah.edu>)

Felicia Soth: u0849127@utah.edu (<mailto:u0849127@utah.edu>)

STUDENT LEARNING OUTCOMES

1. Perform a diet and energy expenditure analysis utilizing computer software, analyze and interpret the results for dietary adequacy, health and risk for nutritionally-related chronic diseases, as well as make recommendations for improving nutritional health.
2. Integrate the scientific knowledge of nutrition, genetics, chemistry, metabolism, exercise and lifestyle while utilizing standards and guidelines to plan, evaluate, and manage diets to support life-long health.

3. Describe how the human body digests food, metabolizes and utilizes the nutrients and Calories/energy in health or disease; and identify risks factors for developing chronic disease including the interpretation of biochemical, clinical and anthropometrical laboratory measures.
4. Utilize basic nutritional scientific terminology; describe the essential nutrients and their role in normal metabolism; and identify good dietary sources of nutrients.
5. Evaluate food package label information - analytically and critically knowing the basis of the specific standards used for providing nutrition information; and understand the responsibility of the FDA to insure the safety of processed foods in order to make healthy food choices.
6. Identify scientific methods used; discern the reliability of nutrition information based on scientific evidence, source and professional credentials; in addition to describing the federal agencies and their responsibilities to insure public food safety, sustainable food production; and personal food handling skills to avoid food borne illness from a variety of microorganisms.

PREREQUISITES

High School Biology and Chemistry

REQUIRED MATERIAL

Contemporary Nutrition, A Functional Approach, 5th edition, Wardlaw G, Smith A, Collene A. McGraw Hill Publishers. This is bundled with other web-based material we use in class. All students have access to this book on CANVAS. Just click on the McGraw-Hill Connect link on the left side of the NUIP 1020 Canvas page, and follow instructions to register. There is no payment required for registering, you have already paid for the electronic materials with your class fees when you registered for the class.

Web based material used in class: Canvas will link you to the McGraw-Hill site where you can read the book chapters, then complete the **LearnSmart** homework modules required for this class. You will generally have **1-week** to complete the homework module for each topic we cover before the module closes. It is your responsibility to complete them as we cover the topics week to week in class.

Live Weekly Discussion sessions via Zoom: Once per week I will hold a **live** discussion session on Zoom, the invite and login information will be posted on canvas under the Calendar. These are open discussion sessions where you can ask questions live, or you can email me a question before the Zoom discussion day, then log onto Zoom on the day of the discussion and listen for your answer. All students are highly encouraged to attend these virtual sessions so we can have a component of live interaction for this class. The sessions will take place on Wednesdays from 2-3PM.

LEARNING ASSESSMENTS

We have 3 categories of learning assessments: 1) Health Assessment Assignments, 2) Chapter Reading and homework Modules, and 3) Exams.

1) Health Assessment Assignments

Detailed instructions are found on **Canvas under the Assignments link**. Below is a brief description of the assignments.

a) **Article Evaluation**: You will read an article relate to nutrition and health that we provide you in order to evaluate its content and message. Download the assignment instructions from Canvas to get the questions that will guide you through the evaluation of the article.

Article Evaluation due 2-12-21

b) **Diet Analysis**: For this assignment you will record **your** food and drink intake for **3 days**, then analyze it using the NutritionCalc Plus software found with your e-book. Download the assignment instructions found on Canvas to get a copy of the questions that you must answer after analyzing your diet.

Diet analysis due 3-22-21

c) **Clinical Health Case Study**: You will evaluate a case study of a patient's blood pressure, body composition, and blood cholesterol. Then you will address any potential emerging risk factors by making appropriate recommendations to change the patient's diet and lifestyle. Download the assignment instructions found on Canvas to get a copy of the questions that you must answer after analyzing your diet.

Clinical Health Case Study due 4-16-21

2) Chapter Reading and Homework Modules: In each Weekly module on canvas there is "**Read this and Do this**" assignment. These consist of a chapter reading assignment and a "LearnSmart" homework module linked to that chapter. These homework modules are graded and posted on the Canvas gradebook. **Please note that you will have 1-week to complete these homework modules**. Modules are **open on a Monday, and due the following Monday**. Refer to the calendar in Canvas to see when they are open and closed.

3) Exams: There will be 3 exams. The format is multiple choice and true/false questions. All Exams will consist of 40 questions worth 2.5 points each.

Tentative Exam dates:

February 19

March 26

April 30

FREQUENTLY ASKED QUESTIONS

- **What's the best way to go about managing my time for this class?**

Successful students (those that get A's and B's) use their time wisely. The standard formula for college coursework is that for every 1 hour of credit a student will spend 3 to 6 hours (and sometimes more) of studying and completing homework. Thus, a 4 credit course will require an average of 12 to 24 hours of homework (reading, research, studying) per week. As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work. Please note the class is cumulative in nature. A good understanding of the material in the first part of the semester is necessary in order to proceed successfully throughout the remainder of the semester.

- **How can I find out how I did on exams and assignments?**

All assignments will be returned via electronic uploads to Canvas. I encourage you all to review graded assignments and to contact me with any questions.

- **I missed an assignment due date, now what?**

Late assignments (defined as assignments submitted between 1 minute and 5 days after the due date) will be deducted 10 points for each calendar day late. After 5 days an assignment worth 50 points will be worth 0 points. If there is a medical emergency or accident that causes you to miss the due date, please let me know as soon as possible. In that case late assignments will be accepted with no penalty as long as there is a valid excuse (doctors note or accident report for example) as proof.

- **What if I miss an exam?**

There will be no make-up exams without prearranged permission from the instructor. If the incident resulting in a missed exam occurs on the due date - you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control. Late exams must be completed within one week of the *first* date the exam is offered. Contact your instructor via e-mail or voice mail prior to the scheduled exam time or within 24 hours after the incident. Missed exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, your instructor will work with you to make arrangements. These *arrangements must be scheduled* at least

1 week in *advance* of the exam for a time before the originally planned test date (i.e., if you are jetting to Cabo during the week of the exam, you may take the exam before you leave.)

☑ GRADE SCHEME

The following grading standards will be used in this class:

Grade	Range
A	100 % to 92.5%
A-	< 92.5 % to 89.5%
B+	< 89.5 % to 87.5%
B	< 87.5 % to 82.5%
B-	< 82.5 % to 79.5%
C+	< 79.5 % to 77.5%
C	< 77.5 % to 72.5%
C-	< 72.5 % to 69.5%
D+	< 69.5 % to 67.5%
D	< 67.5 % to 62.5%
D-	< 62.5 % to 59.5%
F	< 59.5 % to 0.0%

COURSE RESPONSIBILITIES

- All Health Assessment Assignments should be turned in on Canvas. Late assignments are **deducted 10 points per day** after the due date.
- **Do your own work**, do not collaborate with your classmates.
- Assignments showing signs of plagiarism will be given a zero **and may fail the course**.
- If you are to miss an exam **you must notify me at least 1 week prior** to the exam date.
- If you miss an exam without prior permission from me you will be allowed to take a make up exam **only if you have a legitimate excuse that can be verified**, such as an illness accompanied by a written physician's note, an accident report, etc.
- Makeup exams will be arranged by the instructor.
- Missed exams without making prior arrangements, or a written excuse will receive a "zero" grade.

UNIVERSITY POLICIES

COVID-19 Campus Guidelines

Students are required to self-report if they test positive for COVID-19. To report, please contact:

COVID-19 Central @ The U

📞 801-213-2874

🌐 [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/)

To reduce the spread of COVID-19 on campus, **face coverings are required in all in-person classes for both students and faculty.** Face coverings are required to cover both your mouth and your nose. Please note that face shields alone are not an acceptable form of face covering unless also worn with a covering or mask for the nose and mouth.

Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. **If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code.**

Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the [Center for Disability and Access \(https://t.e2ma.net/click/vlufyz/js70keu/biauqte\)](https://t.e2ma.net/click/vlufyz/js70keu/biauqte) (CDA).

Accommodations should be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering.

If you believe you meet these criteria, contact:

Center for Disability & Access

📞 801-581-5020

🌐 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Everyone is encouraged to wash their hands, use hand sanitizer, and clean their desks with wipes, which will be available at classroom entrances and at “sanitizing stations” in multi-use buildings, including Marriott Library. Read more information about the building cleaning schedule on [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/).

Drop/Withdrawal Policies

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade “W” is not used in calculating the student’s GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's [Academic Calendar](https://registrar.utah.edu/academic-calendars/index.php) [_\(https://registrar.utah.edu/academic-calendars/index.php\)_](https://registrar.utah.edu/academic-calendars/index.php).

Plagiarism & Cheating

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

"...Includes, but is not limited to, cheating, misrepresenting one's work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct."

For details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities](http://regulations.utah.edu/academics/6-400.php) [_\(http://regulations.utah.edu/academics/6-400.php\)_](http://regulations.utah.edu/academics/6-400.php).

Course Materials Copyright

The Content is made available only for your personal, noncommercial educational and scholarly use. You may not use the Content for any other purpose, or distribute, post or make the Content available to others, unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the [Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php) [_\(https://regulations.utah.edu/academics/6-400.php\)_](https://regulations.utah.edu/academics/6-400.php), Section III.A.5 regarding use and distribution of class Content and materials.

<https://regulations.utah.edu/academics/6-400.php> [_\(https://regulations.utah.edu/academics/6-400.php\)_](https://regulations.utah.edu/academics/6-400.php).

Section III.A.5. prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. ("Work product" means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

Safety at the U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.


For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu [_\(http://safeu.utah.edu\)_](http://safeu.utah.edu).

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

 801-585-COPS (801-585-2677)

 dps.utah.edu [\(https://dps.utah.edu/\)](https://dps.utah.edu/)

 1735 E. S. Campus Dr.
Salt Lake City, UT 84112

Wellness at the U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.


Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

Center for Student Wellness

 801-581-7776


 wellness.utah.edu [\(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

 2100 Eccles Student Life Center
1836 Student Life Way
Salt Lake City, UT 84112

Women's Resource Center

 801-581-8030

 womenscenter.utah.edu [\(https://womenscenter.utah.edu/\)](https://womenscenter.utah.edu/)

 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

[\(http://www.wellness.utah.edu/\)](http://www.wellness.utah.edu/)

Addressing Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

Title IX Coordinator & Office of Equal Opportunity and Affirmative Action

 801-581-8365

 oeo.utah.edu [\(https://oeo.utah.edu/\)](https://oeo.utah.edu/)

📍 135 Park Building
201 Presidents' Cir.
Salt Lake City, UT 84112

Office of the Dean of Students

📞 801-581-7066

🌐 deanofstudents.utah.edu [\(https://deanofstudents.utah.edu/\)](https://deanofstudents.utah.edu/)

📍 270 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

To file a police report, contact:

Campus Police & Department of Public Safety

📞 801-585-COPS (801-585-2677)

🌐 dps.utah.edu [\(https://dps.utah.edu/\)](https://dps.utah.edu/)

📍 1735 E. S. Campus Dr.
Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

Center for Student Wellness

📞 801-581-7776

🌐 wellness.utah.edu [\(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

📍 328 Student Services Building
201 S. 1460 E.
Salt Lake City, UT 84112

Americans With Disabilities Act (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **[Instruction & Evaluation regulations](http://regulations.utah.edu/academics/6-100.php)** [_\(http://regulations.utah.edu/academics/6-100.php\)_](http://regulations.utah.edu/academics/6-100.php).

If you will need accommodations in this class, or for more information about what support they provide, contact:

Center for Disability & Access

📞 801-581-5020

🌐 disability.utah.edu [_\(https://disability.utah.edu/\)_](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.
Salt Lake City, UT 84112

Diverse Student Support

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

📞 801-581-7188

🌐 trio.utah.edu (<https://trio.utah.edu>)

📍 Room 2075

1901 E. S. Campus Dr.
Salt Lake City, UT 84112

American Indian Students

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

📞 801-581-7019

🌐 diversity.utah.edu/centers/airc (<https://diversity.utah.edu/centers/airc/>)

📍 Fort Douglas Building 622

1925 De Trobriand St.
Salt Lake City, UT 84113


Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate


for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

 801-213-1441

 diversity.utah.edu/centers/bcc [\(https://diversity.utah.edu/centers/bcc/\)](https://diversity.utah.edu/centers/bcc/)

 Fort Douglas Building 603
95 Fort Douglas Blvd.
Salt Lake City, UT 84113

Students with Children


Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

 801-585-5897

 childcare.utah.edu [\(https://childcare.utah.edu/\)](https://childcare.utah.edu/)

 408 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students With Disabilities


The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability Services

 801-581-5020

 disability.utah.edu [\(https://disability.utah.edu/\)](https://disability.utah.edu/)

 162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Ethnic Student Affairs

☎ 801-581-8151

🌐 diversity.utah.edu/centers/cesa/ [\(https://diversity.utah.edu/centers/cesa/\)](https://diversity.utah.edu/centers/cesa/)

📍 235 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

☎ 801-587-9122

🌐 writingcenter.utah.edu [\(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu/)

📍 2701 Marriott Library
295 S 1500 E
Salt Lake City, UT 84112

English for Academic Success (EAS) Program

☎ 801-581-8047

🌐 linguistics.utah.edu/eas-program [\(https://linguistics.utah.edu/eas-program/\)](https://linguistics.utah.edu/eas-program/)

📍 2300 LNCO
255 S. Central Campus Dr.
Salt Lake City, UT 84112

English Language Institute

☎ 801-581-4600

🌐 continue.utah.edu/eli [\(http://continue.utah.edu/eli\)](http://continue.utah.edu/eli/)

📍 540 Arapeen Dr.
Salt Lake City, UT 84108

Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.


Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center

 801-213-3697

 dream.utah.edu [\(http://dream.utah.edu/\)](http://dream.utah.edu/)

 1120 Annex (Wing B)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

LGBTQ+ Students


The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

 801-587-7973

 lgbt.utah.edu [\(http://lgbt.utah.edu/\)](http://lgbt.utah.edu/)

 409 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Veterans & Military Students


The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Veterans Support Center

 801-587-7722

 lgbt.utah.edu/veteranscenter.utah.edu [\(http://veteranscenter.utah.edu/\)](http://veteranscenter.utah.edu/)

 418 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Women's Resource Center

📞 801-581-8030

🌐 womenscenter.utah.edu (<https://womenscenter.utah.edu/>)

📍 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

Office for Inclusive Excellence

📞 801-581-4600

🌐 inclusive-excellence.utah.edu (<https://inclusive-excellence.utah.edu/>)
(<http://continue.utah.edu/eli>)

📍 170 Annex (Wing D)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112










Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:





🌐 getinvolved.utah.edu/ (<https://getinvolved.utah.edu/>)

🌐 studentsuccess.utah.edu/resources/student-support
(<https://studentsuccess.utah.edu/resources/student-support/>)

Course Summary:

Date	Details	
Mon Jan 25, 2021	 <u>Read and Do this - Chapter 1: Nutrition, Food Choices, and Health</u> .https://utah.instructure.com/courses/659683/assignments/8355036	due by 11:59pm
	 <u>Read and Do this -Chapter 2: Designing a Healthy Eating Pattern</u> .https://utah.instructure.com/courses/659683/assignments/8355037	due by 11:59pm
Mon Feb 1, 2021	 <u>Read and Do this - Chapter 3: The Human Body: A Nutrition Perspective</u> .https://utah.instructure.com/courses/659683/assignments/8355038	due by 11:59pm
Mon Feb 8, 2021	 <u>Read and Do this - Chapter 10: Nutrients Involved in Body Defenses</u> .https://utah.instructure.com/courses/659683/assignments/8355040	due by 11:59pm
	 <u>Read and Do this - Chapter 8: Overview of Micronutrients and Phytochemicals</u> .https://utah.instructure.com/courses/659683/assignments/8355049	due by 11:59pm
Fri Feb 12, 2021	 <u>Assignment 1 Now open - Article evaluation</u> .https://utah.instructure.com/courses/659683/assignments/8355033	due by 11:59pm
	 <u>EXAM 1-open all day</u> .https://utah.instructure.com/calendar?event_id=2090493&include_contexts=course_659683	12am to 11pm
Mon Feb 15, 2021	 <u>Read and Do this - Chapter 11: Nutrients Involved in Bone Health</u> .https://utah.instructure.com/courses/659683/assignments/8355041	due by 11:59pm
	 <u>Read and Do this - Chapter 12: Micronutrient Function in Energy Metabolism</u> .https://utah.instructure.com/courses/659683/assignments/8355042	due by 11:59pm

Date	Details	
Fri Feb 19, 2021	 <u>Exam 1- Requires Respondus LockDown Browser</u> https://utah.instructure.com/courses/659683/assignments/8355032	due by 11:59pm
Mon Mar 1, 2021	 <u>Read and Do this - Chapter 9: Fluid and Electrolyte Balance</u> https://utah.instructure.com/courses/659683/assignments/8355050	due by 11:59pm
Mon Mar 15, 2021	 <u>Read and Do this - Chapter 4: Carbohydrates</u> https://utah.instructure.com/courses/659683/assignments/8355045	due by 11:59pm
Mon Mar 22, 2021	 <u>NUIP 1020 EXAM 2-open all day</u> https://utah.instructure.com/calendar?event_id=2090494&include_contexts=course_659683	12am to 11pm
Mon Mar 22, 2021	 <u>Assignment 2 Now open - Diet Evaluation</u> https://utah.instructure.com/courses/659683/assignments/8355034	due by 11:59pm
Fri Mar 26, 2021	 <u>Exam 2- Topics Covered: Water & Electrolytes, Carbohydrates & Diabetes, Lipids.- Requires Respondus LockDown Browser</u> https://utah.instructure.com/courses/659683/assignments/8355031	due by 11:59pm
Mon Mar 29, 2021	 <u>Read and Do this - Chapter 5: Lipids</u> https://utah.instructure.com/courses/659683/assignments/8355046	due by 11:59pm
Mon Apr 5, 2021	 <u>Read and Do this - Chapter 6: Proteins</u> https://utah.instructure.com/courses/659683/assignments/8355047	due by 11:59pm
Fri Apr 16, 2021	 <u>Assignment 3 Now Open - Case study for nutrition, lifestyle and risk of chronic disease.</u> https://utah.instructure.com/courses/659683/assignments/8355035	due by 11:59pm
Mon Apr 19, 2021	 <u>Read and Do this - Chapter 7: Energy Balance and Weight Control</u> https://utah.instructure.com/courses/659683/assignments/8355048	due by 11:59pm

Date	Details	
Tue Apr 27, 2021	 <u>Read and Do this - Chapter 15: Eating Disorders</u> (https://utah.instructure.com/courses/659683/assignments/8355043)	due by 11:59pm
	 <u>Read and Do this - Chapter 17: Protecting Our Food Supply</u> (https://utah.instructure.com/courses/659683/assignments/8355044)	due by 11:59pm
	 <u>NUIP 1020 EXAM 3- open all day</u> (https://utah.instructure.com/calendar?event_id=2090495&include_contexts=course_659683)	12am to 11pm
Fri Apr 30, 2021	 <u>Exam 3 - Topics covered: Proteins, Nutrition and Disease, Energy balance, Weight control, Eating disorders, Food safety- Requires Respondus LockDown Browser</u> (https://utah.instructure.com/courses/659683/assignments/8420514)	due by 11:59pm