



NUIP 1020: Fall 2023

SCIENTIFIC FOUNDATIONS IN NUTRITION AND HEALTH

INSTRUCTOR INFORMATION

Sydney Abbott, MS RD

Assistant Professor

sydney.abbott@utah.edu

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

Office Location: HPER West Room 108-F

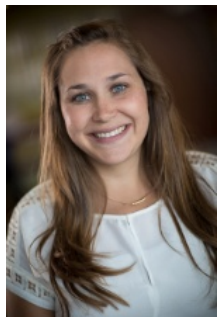
Virtual Office Hours: ***, or by appointment

Link: ***

<https://utah-health.zoom.us/j/94214972683?pwd=NWorcGFNTU5ZRndpWi8wcGFxeEgrUT09>

Passcode: ***

Additional information on how to access the Zoom office hours can be found [here](#).



TEACHING ASSISTANT CONTACT INFORMATION AND OFFICE HOURS

CLASS TIME & CREDIT HOURS

Class Time: Thursdays, 2:00-5:00pm MST

Location: HPER East, Room 206

Credit Hours: 3.0

Final Exam: ***

COURSE DESCRIPTION

Role of carbohydrates, protein, lipids, water, vitamins and minerals in human nutrition. Relationship of nutrition to maintenance of health and prevention of disease. Role of nutrition in weight control, sports nutrition, eating disorders, pregnancy/lactation, and chronic disease are discussed. Students participate in laboratory applications for lipid profiles and blood pressure assessment.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

1. Understand the scientific method and hypothesis testing. Learn about experimental models used in nutrition research; discern the reliability of nutrition information based on scientific evidence.

2. Integrate the scientific knowledge of nutrition, genetics, chemistry, metabolism, exercise and lifestyle to evaluate and manage diets that support life-long health.
3. Describe how the human body digests food, metabolizes and utilizes the nutrients and Calories in health or disease; and identify risks factors for developing chronic disease including the interpretation of biochemical, clinical and anthropometrical laboratory measures.
4. Evaluate food package label information - analytically and critically determine the contribution of nutrients in packaged foods to the foundation of a healthy diet.
5. Utilize basic nutritional scientific terminology; describe the essential nutrients and their role in normal metabolism; and identify good dietary sources of nutrients.

PREREQUISITES

None.

REQUIRED MATERIAL

Required: Contemporary Nutrition, A Functional Approach, 6th edition, Wardlaw G, Smith A, Collene A. McGraw Hill Publishers.

This is bundled with other web-based material we use in class. This is an electronic book--there is not a paper copy available for this course.

WELCOME TO INCLUSIVE ACCESS! NUIP 1020 You have enrolled in a course that utilizes an Inclusive Access title. What does this mean? All your required course materials will be available the first day of class through Canvas in the form of digital access. It's that easy—you don't have to do anything else but go to class. You were charged for the course materials along with your tuition at a substantial savings. For this course, the regular price of the textbook is \$***, but you were only charged \$***.

If you chose to Opt-Out and obtain your own course materials you can do so anytime up through the first two weeks of class. See instructions on Canvas Announcement for accessing McGraw-Hill Connect and the ebook!

LEARNING ASSESSMENTS

1. Nutrition Article Review: You will select a nutrition related article, and critically 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 you select.
2. Diet Analysis Assignment: For this assignment you will record your food and drink intake for 3 days, then analyze it using the diet analysis software found on Connect. The analysis will give you information on your kilocalorie, micro- and macronutrient intake as compared to the RDA for your age, sex, and activity level. Download the assignment instructions found on Canvas to get a copy of the questions that you must complete after analyzing your diet.
3. Clinical Health Evaluation: Using clinical evaluation tools of blood lipid levels, blood pressure and body composition, you will assess an individual's health. Based on your assessment, you will make appropriate nutrition recommendations for managing chronic disease risk.
4. SmartBook 2.0 Assignments: On our class Connect page, there are "SmartBook 2.0" assignments for each assigned chapter of reading. These assignments will help you prepare for class and exams. You will have unlimited attempts to answer a question on each concept correctly. After you complete the SmartBook 2.0 assignment on Connect, you will be given full credit for the assignment. There are SmartBook 2.0 assignments due for each of the three sections of course materials throughout the semester. Each chapter covered on a specific test must be completed by 10:00pm the day before the exam, with the exception of the last section, which is due by 10:00pm the day before the last day of class. You are responsible to keep yourself on track with these assignments throughout the semester. NO LATE CREDIT WILL BE GIVEN FOR LEARNSMART ASSIGNMENTS.
5. In Class Participation and Worksheets: Throughout the semester, there will be small activities included in the module to assess current learning, expand on a certain topic, and provide you with the opportunity to apply your knowledge. Participation points will be randomly offered during in class activities, including individual worksheets, participation quizzes, and group activities. These points will only be available to those present and cannot be made-up or substituted.
6. Exams & Exam Policy:
 - There will be 3 exams during the semester. Each exam will cover the material from the previous section. The exams are not comprehensive.
 - Format is multiple choice and true/false questions. Exams 1-3 will consist of 50 questions worth 2 points each.

Exam Policies:

- If you do not write your name on the Scantron sheet you will receive a zero for the exam.
- If you are to miss an exam you must notify me in writing at least 1 week prior to the exam date to schedule a make-up exam.

- 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 excuse, an accident report, etc.
- Missed exams without prior permission or a written excuse will be assigned a zero.
- Exam Day:
- No one will be allowed to start an exam after the first person has finished their exam.
- No additional notes, books, electronic devices, etc will be allowed in your desk area during the exam.
- You must have a picture ID present to submit your exam on exam day.
- Anyone caught cheating on an exam will, at minimum, receive a zero on that exam.

Point Breakdown for Assignments and Exams

Assignment	Points Available
Nutrition Article Review	50 points
Diet Analysis Assignment	50 points
Clinical Health Evaluation Assignment	50 points
SmartBook 2.0 Sections 1, 2, and 3	150 points (50 points/section)
In Class Participation and Worksheets	100 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Total Points	700 points

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 3 credit course will require an average of 9 to 18 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.

I missed an assignment due date, now what?

You must be present in class to receive credit on in class participation and worksheets. If you have an excused absence, it is your responsibility to contact me about a make-up assignment.

Late assignments (article review, dietary analysis, clinical health evaluation) will be deducted 10 points per day.

No late assignments will be accepted for SmartBook 2.0 assignments.



If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959 or if you experience technical difficulties with submitting assignments, contact UOnline for technical assistance immediately at 801-585-5959 or email me at sydney.abbott@utah.edu (<mailto:sydney.abbott@utah.edu>).

What if I miss an exam?

There will be no make-up exams without prearranged written 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 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 before the exam for a time before the originally planned test date (i.e., if you have a university athletic event or debate meet).

GRADING 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%

UNIVERSITY POLICIES

COVID-19 CAMPUS GUIDELINES



CAMPUS COVID-19 RESOURCES

INFORMATION & PRECAUTIONS

We are a mask friendly campus

Masks are no longer required in indoor spaces on main campus. The general public will not be required to wear masks in public facilities—including the Utah Museum of Fine Arts, Natural History Museum of Utah, and Pioneer Theatre. It is important that our campus remain “mask-friendly.” Those who still wish to wear masks are encouraged to do so, especially those at high risk of severe illness from COVID-19.

Masks are now optional in most University of Utah Health facilities. Please read the policy [here](#).



VACCINATION INFORMATION



GUIDANCE FOR THE CAMPUS COMMUNITY



WORK REIMAGINED





COVID-19 Central @ The U

📞 801-213-2874

🌐 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>).

PLAGIARISM AND CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used the 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>).

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>), Section III.A.5 regarding the **use and distribution of class Content** (<https://regulations.utah.edu/academics/6-400.php>) and materials. 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 safety information 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 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

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).

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 \(https://trio.utah.edu/\)](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/>)

📍 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/>)

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

Students With Disabilities

The Center for Disability and Access 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 and Access

📞 801-581-5020

🌐 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. Its 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/>)📍 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/>)📍 2701 Marriott Library
295 S 1500 E
Salt Lake City, UT 84112**English for Academic Success (EAS) Program**

☎ 801-581-8047

🌐 linguistics.utah.edu (<https://linguistics.utah.edu/>)📍 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>)📍 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 and 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>)📍 200 S. CENTRAL CAMPUS DRIVE
UNION, ROOM 80
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>)

📍 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

🌐 (<http://lgbt.utah.edu/>) 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>)

📍 200 S. CENTRAL CAMPUS DRIVE

UNION, ROOM 70
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/>)

🌐 <https://ssc.utah.edu/tools-for-success.php> (<https://ssc.utah.edu/tools-for-success.php>)

COURSE SCHEDULE

Note: Our schedule is subject to revision based on the needs of our class. Any updates will be made available for students through Canvas.



Course Schedule

Course Summary:

Date	Details	Due
	📄 Assignment #1: Article Review (https://utah.instructure.com/courses/887525/assignments/12828644)	
	📄 Assignment #2: Diet Analysis (https://utah.instructure.com/courses/887525/assignments/12828645)	
	📄 Assignment #3: Clinical Health Evaluation (https://utah.instructure.com/courses/887525/assignments/12828646)	
	📄 Exam 1: Macronutrients (https://utah.instructure.com/courses/887525/assignments/12828647)	
	📄 Exam 2: Micronutrients (https://utah.instructure.com/courses/887525/assignments/12828648)	
	📄 Exam 3: Lifecycle Nutrition (https://utah.instructure.com/courses/887525/assignments/12828649)	
	📄 Week 10: Chapter 12 (Micronutrients Function in Energy Metabolism) (https://utah.instructure.com/courses/887525/assignments/12828650)	
	📄 Week 12: Chapter 7 (Energy Balance and Weight Management) (https://utah.instructure.com/courses/887525/assignments/12828651)	
	📄 Week 13: Chapter 18 (Pregnancy and Breastfeeding) (https://utah.instructure.com/courses/887525/assignments/12828652)	
	📄 Week 15: Chapter 19 (Infancy through Adolescence) (https://utah.instructure.com/courses/887525/assignments/12828653)	
	📄 Week 16: Chapter 15 (Eating Disorders) (https://utah.instructure.com/courses/887525/assignments/12828654)	
	📄 Week 16: Chapter 17 (Food Safety) (https://utah.instructure.com/courses/887525/assignments/12828655)	
	📄 Week 16: Chapter 20 (Adulthood and Older Age) (https://utah.instructure.com/courses/887525/assignments/12828656)	
	📄 Week 1: Chapter 1 (Nutrition, Food Choices, and Health) (https://utah.instructure.com/courses/887525/assignments/12828657)	
	📄 Week 1: Chapter 2 (Designing a Healthy Eating Pattern) (https://utah.instructure.com/courses/887525/assignments/12828658)	
	📄 Week 2: Chapter 3 (The Human Body) (https://utah.instructure.com/courses/887525/assignments/12828659)	

Date


Details




 **Week 2: Chapter 4 (Carbohydrates)**
(<https://utah.instructure.com/courses/887525/assignments/12828660>)

 **Week 3: Chapter 5 (Lipids)**
(<https://utah.instructure.com/courses/887525/assignments/12828661>)


 **Week 4: Chapter 6 (Proteins)**
(<https://utah.instructure.com/courses/887525/assignments/12828662>)

 **Week 6: Chapter 8 (Overview of Micronutrients)**
(<https://utah.instructure.com/courses/887525/assignments/12828663>)

 **Week 6: Chapter 9 (Fluid Balance and Electrolytes)**
(<https://utah.instructure.com/courses/887525/assignments/12828664>)

 **Week 7: Chapter 10 (Nutrients Involved in Body Defenses)**
(<https://utah.instructure.com/courses/887525/assignments/12828665>)

 **Week 7: Chapter 11 (Nutrients Involved in Bone Health)**
(<https://utah.instructure.com/courses/887525/assignments/12828666>)

 **Week 9: Chapter 13 (Blood and Brain Health)**
(<https://utah.instructure.com/courses/887525/assignments/12828667>)
