Jan. 18	Wednesday	**First Day of Class Syllabus, Grading Requirements/assignments**, 1st Tufts handout, Getting to know you, interview in partners, hand in bio, *Whole Foods Parking Lot*
Jan. 23	Monday	**Chapter One- What is Nutrition, pp. 2-37** Instructions for assignments: Nutrition Debate , Tufts article , website , research article, healthy snack, In Depth
Jan. 25	Wednesday	**Chapter One continued and** *Debate *oral Debate p. 25, Nutrigenomics-Alex Adler*
Jan. 30	Monday	**Chapter Two-Designing a Healthful Diet: pp.38- 71** Website- turn in USDA Ctr. for Nutrt…-turn in Olivia Adolphson Tufts-turn in- Sarah Whitaker Research article report-turn in,Alex Adler Research article report- turn in- Marc Sambol *Debate*oral p. 63 Can Functional Foods Improve our Health-Gabriella Diaz* Pass the boxes-turn in by teams
Feb. 1	Wednesday	**Chapter Two:** continued, Hand out Model for My Diet Analysis, label activity (bring in lots of food labels) *bring in healthy snack*oral explain why!- Robert Brandon* *Website*oral- Hannah Carroll-choose myplate.gov (Chloe1952)* *In Depth *oral p. 67 Phytochemicals –Matthew Connors* *Pass the Box,-turn in by teams*
Feb. 6	Monday	**Chapter Three-The** Human body: Are WE Really What WE Eat: pp. 72-105 Website*oral-Matthew Connors Research Article Report-*oral, Olivia Adolphson *Tufts*oral-Brad Ray* Debate p. 97 Colon Cleansing-turn in- Kaitlin French Jeopardy game: Chapters 1, 2, 3 if time Video on NTFB
Feb. 8	Wednesday	**Wed. Sept. 14th Test on Chapters 1,2,3** U Tube on Digestion

		bring in healthy snack, explain why!*oral-Amanda Collins Research Article Report-turn in-A. Rutishauser *In Depth *Oral Kaitlin French, p. 100 : Disorders Related to Specific Foods-*
Feb. 13	Monday	**Chapter Four-Carbs: Plant-Derived Energy Nutrients,** pp. 106-141 *Website-turn in- Avis Jason* *Tufts*oral-Alex Adler* *In Depth*oral, page 137: Diabetes-Avis Jason* ***First My Diet Analysis Report (Day One-week day) is due for everyone. Hard Copy turned in. Interview neighbor!*** Pass the box-turn in by teams Video: Forks Over Knives
Feb. 15	Wednesday	**Chapter Four**: continued ***Activity –bars analysis*** *Healthy Snack*oral-Cameron Gibson* *Debate *oral, p. 133: HFC: Cause of the Obesity Epidemic-Brad Ray* Video: Forks Over Knives
Feb. 20	Monday	**Chapter Five-Fats: Essential Energy-Supplying Nutrients**: pp. 142-183 Turn in research article report-Robert Brandon Forks Over Knives
Feb. 22	Wednesday	**Chapter Five**: continued *Research Article Report*oral-Avis Jason* *In Depth*oral p. 173 Cardiovascular Disease-Caitlin Keen* *Video: Forks Over Knives*
Feb. 27	Monday	Jeopardy on Chapters 4 and 5- before test if time! -*bring in healthy snack, explain why!*oral-Lucy Needham* Research Article- turn in –Lucy Needham **Test 2 on chapters 4 and 5** Utube on digestion of fat
Feb. 29	Wednesday	**Chapter Six**-Proteins: Crucial Components of All Body Tissues: pp.184-225 *Debate*oral-p. 213 Meat Consumption and Global Warming-Christen Summers*

		*Research Article Report*oral-C.McElroy* .Research Article Report-turn in Brad Ray *In Depth *oral p. 216: Vitamins and Minerals- A. Rutishauser* *Tufts Report* oral- Amanda Collins*
Mar. 5	Monday	**Chapter Seven:** Nutrients Involved in Fluid and Electrolyte Balance: pp. 226-253 *Debate*oral, p. 247 Sports Beverages-Sajovich* *Research Article Report*oral-Kaitlin French* *In Depth, p. 251 Fluid Imbalance-*oral- Cameron Gibson* Pass the box-turn in by teams Video-Sugar the Bitter Truth
Mar. 7	Wednesday	**Chapter 8-**Nutrients Involved in Antioxidant Function: pp. 254-289, *Bring in Healthy Snack*oral-Marc Sambol* *Website*oral-Caitlin Keen* *Tufts*oral-Marc Sambol* Research Article Report-turn in-Hannah Carroll Video-Sugar the Bitter Truth
Mar. 19	Monday	**Chapter 8 continued** Contest on Vitamins by Teams-Teaching Assistant *Debate*oral, p. 277: Antioxidant: food or supplements-Teaching Assistant* *Research Article Report*oral-Sajovich* Tufts-turn in – Shelby Sanderford Video-Sugar the Bitter Truth
Mar. 21	Wednesday	**Test on chapters 6,7,8,** *In Depth*Oral, p. 281: Cancer- - before test-Christen Summers*
Mar. 26	Monday	Finish video-Sugar The Bitter Truth *bring in healthy snack, explain why!*oral- Sarah Whitaker* *Website*oral-C. McElroy* Pass the box-turn in by teams
Mar. 28	Wednesday	**Chapter 9- Nutrients Involved in Bone Health pp. 290-325** *Website*oral-A. Rutishauser*
Apr. 2	Monday	***Continue Chapter 9*** Research Article Report, *oral-turn in- Sarah Whitaker Research Article Report-turn in- Caitlin Keen *Debate Oral * p. 315: Vit. D Deficiency-why surge and what can be done-Robert Brandon*

Apr. 4	Wednesday	**Chapter 10 Nutrients Involved in Energy Metabolism and Blood Health pp. 326-367** *Tufts*oral-Hannah Carroll*
Apr. 9	Monday	**Continue Chapter 10-Blood Health** Website- turn in- Sagovich Research Article Report-turn in- Cameron Gibson In Depth * Oral p. 360 : Dietary Supplements: Necessity or Waste-Teaching Assistant **Start Food Inc.-movie, handout packets**
Apr. 11	Wednesday	**Continue Food Inc.-movie**
Apr. 16	Monday	**Chapter 11- Achieving and Maintaining a healthful Body Weight: pp. 368-409** Debate p. 399: High Protein Diets-C. McElroy *Research Article Report*oral-Shelby Sanderford* Research Article Report-turn in- Christen Summers Research Article Report-turn in- Gabriella Diaz *In Depth *Oral, p. 402: Obesity-Olivia Adolphson*
Apr. 18	Wednesday	**Chapter 12- Nutrition and Physical Activity: Keys to Good Health pp.410-441** Research Article Report-turn in- Matthew Connors Pass the box-turn in my teams
Apr. 23	Monday	**Chapter 13 Food Safety and Technology: Impact on Consumers: pp. 454-489** *Bring Healthy Snack!*oral –teaching Assistant* *Debate*oral p. 487: Genetically Modified Organisms-L. Needham* **oral-organic shopping-Shelby Sanderford*
Apr. 25	Wednesday	**Guest Speaker- Eve Rogers**
Apr. 30th	Monday	**Last Day of Instruction – Review for exam plus jeopardy quizzes competition, chapters 9, 10, 11, 12, 13 with teams** Research Article Report-turn in- Amanda Collins *Website oral- Gabriella Diaz

		end of NTFB drive, winners awarded.
?	?	**Final Exam: on Chapters 9,10,11,12,13** Bring in Healthy Snack*oral-Lynn Jacobs