

Online NUTR 125 Nutrition & Aging Schedule

Fall 2016 (August 22th to December 15th)

Weeks (Start)	Topic(s) & Discussion Board	Tests	Blue Zones Reading	Activity
1 Monday 8/22 – Friday 8/26	- Introduction to nutrition and aging - Introduce yourself	Syllabus	Preface	<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Students that do not log onto Bb, introduce themselves on the Discussion Board & take the Syllabus Quiz by Friday will be dropped from the class. </div>
2 and 3 Friday 8/26– Thursday 9/8	- General adult nutrition - What does the older American population look like?	Quiz 1	Chapter 1, pages 1-21	"Best Diets Overall." Essay to defend "Diseases and disabilities are not inevitable consequences of aging."
4 and 5 Friday 9/9 – Thursday 9/22	- Dietary recommendations - Diet planning tools for older adults - Cultural food patterns	Quiz 2	Chapter 2, pages 22-63	Ethnic Foods. MyPlate, Harvard's Healthy Eating Plate and Tufts MyPlate for Older Adults compared.
6 and 7 Friday 9/23 – Thursday 10/6	- Nutrient recommendations for the elder population <ul style="list-style-type: none"> • Carbohydrates • Fats • Proteins 	Quiz 3	Chapter 3, pages 65-119	Elder case study including vegetarian meal plan
8 and 9 Friday 10/7 – Thursday 10/20	- Nutrient recommendations for the elder population <ul style="list-style-type: none"> • Vitamins • Minerals • Fluids 	Quiz 4	Chapter 4, pages 121-165	Vitamin and mineral research
10 and 11 Friday 10/21 – Thursday 11/3	- Dietary supplements - Functional foods - Nutraceuticals - Complementary and Alternative Medicine (CAMs)	Quiz 5	Chapter 5, pages 167-224	Drug and nutrient interactions case study
12 and 13 Friday 11/4 – Thursday 11/17	- Maintaining a healthy body weight in the later years	Quiz 6	Chapter 6, pages 225-259	Weight gain or weight loss case study
14 and 15 Friday 11/18– Thursday 12/1	- Disorders of aging that respond to nutrition intervention - Community resources	Quiz 7	Chapter 7, pages 261-298	Condition and interventions. Plus, nutrition resources to assist local elderly.
16 Friday 12/2 – Thursday 12/8	- Final paper <i>Opens on Friday 12/2 and closes Thursday 12/8</i> No extra credit accepted beyond 12/8		Reflecting, pages 299-303	<i>The Blue Zones</i> essay
Finals Friday 12/9 – Thursday 12/15	- Final Exam Noon Thurs. the 15th Deadline Final Exam Submission	Final		

Every week you will read the assigned chapter(s), complete a chapter activity, answer and respond to discussion questions and complete the chapter post- tests.

Be sure to view chapters and expectations ahead of the due date and time. Chapter activity involvement varies....some chapters take a lot more time than others.

All of the above are due at 11:55pm Thursday night through turn-it-in. NO EXCEPTIONS!!!! Even with technology failures, illness, work, or family crisis so PLAN AHEAD!