

at 1 **3** : **40**
Tentative Course Outline – Fort Shafter 2000

again, L.

Date

Lecture Topic

Week 1

April 4 (Tues) Introduction to the Course.
 What You Eat and Why.

April 6 (Thurs) Tools for Design

Week 2

April 11 (Tues) Nutritional Advice

April 13 (Thurs) The Human Body: Human digestive system

Week 3

April 18 (Tues) Carbohydrates

April 20 (Thurs) Carbohydrates, cont
We will be meeting at Chaminade, Henry Hall.

Week 4

April 25 (Tues) EXAM #1

April 27 (Thurs) Lipids

Week 5

May 2 (Tues) Proteins
We will be meeting at Chaminade, Henry Hall.

May 4 (Thurs) Vitamins

Week 6

May 9 (Tues) Water and Minerals
We will be meeting at Chaminade, Henry Hall.

May 11 (Thurs) Weight Control
Charting a Course for Change

Week 7

May 16 (Tues) EXAM #2

May 18 (Thurs) Food Safety
We will be meeting at Chaminade.

Week 8

May 23 (Tues) Pregnancy and Breastfeeding

May 25 (Thurs) **Nutrition** and Infancy - Adolescence

Week 9

May 30 (Tues) Anorexia Nervosa and Bulimia

June 1 (Thurs) Adult and Elderly Nutrition

Week 10

June 6 (Tues) Athletes and Fitness

June 8 (Thurs) EXAM #3