

Prof. Strause UCSD

BILD22 Introduction to Human Nutrition

Email: lstrause@ucsd.edu or strause@gmail.com

BILD 22: INTRODUCTION TO HUMAN NUTRITION

M W 5:00 – 6:20 PM

VIRTUAL

TEXT: Science of Nutrition & Wellness

Kendal eBook REQUIRED

eBook access website: www.khpcontent.com

Tel: 858-336-7299

This syllabus is subject to change. Schedule changes will be posted on the course website. Please check the site FREQUENTLY.

All CLASSES/SECTIONS will be recorded & available to students asynchronously.

<u>DATE</u>	<u>LECTURE</u>	<u>READING</u>
Jan 4	The Biochemical Banquet	Chapter #1
Jan 6	Structure/Function: Carbs/Lipids	Chapter #2 & #3
Jan 11	Structure/Function: Lipids/Proteins	Chapter #3
Jan 13	GI tract in Digestion & Absorption	Chapter #4
Jan 18	HOLIDAY	
Jan 20	Heart & Pumps: Cardiovascular System	Chapter #5
Jan 25	Breath of Life: Respiration	Chapter #6
Jan 27	What goes in must come out: Kidney & Water	Chapter #7
Feb 1	The Energy Crisis	Chapter #8
Feb 3	<u>MIDTERM #1 EXAM (ONLINE)</u>	
Feb 8	Endocannabinoid System & Health	Chapter #10
Feb 10	Nutrition and Mental Health*	
Feb 15	HOLIDAY	
Feb 17	Sugar Kills? Carb, Fat & Protein Metabolism	Chapter #9
Feb 22	Food & Mood: Eating Disorders*	Chapter #14
Feb 24	Mother's Little Helpers: Vitamins	Chapter #11
<u>DIET PROJECT DUE Feb 26th (BEFORE MIDNIGHT)</u>		
Mar 1	Macro and Micro - Minerals	Chapter #12
Mar 3	Run-Bike-Swim: Nutrition & Exercise	Chapter #13
Mar 8	Diana's Gift, Tribute to Dr. Saltman, & Personal Story	
Mar 10	<u>MIDTERM #2 EXAM (ONLINE)</u>	Cumulative Exam

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Nutrition & Cancer

Chapter #16

Winter 2021

Winter Quarter begins	Monday, January 4
Instruction begins	Monday, January 4
Martin Luther King, Jr. Holiday	Monday, January 18
Presidents' Day Holiday	Monday, February 15
Instruction ends	Friday, March 12
Final Exams	NO FINAL EXAM DURING FINAL WEEK Saturday – Saturday, March 13–20
Winter Quarter ends	Saturday, March 20