

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 Galbraith Hall 242

Office: HSS 1145B Wed. 3 - 5 PM

TEXT: Science of Nutrition & Wellness

Kendall Hunt 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.

<u>DATE</u>	<u>LECTURE</u>	<u>READING</u>
Jan 3	The Biochemical Banquet	Chapter #1
Jan 5	Structure/Function: Carbs/Lipids	Chapter #2 & #3
Jan 10	Structure/Function: Lipids/Proteins	Chapter #3
Jan 12	GI tract in Digestion & Absorption	Chapter #4
Jan 17	HOLIDAY	
Jan 19	Heart & Pumps: Cardiovascular System	Chapter #5
Jan 24	Breath of Life: Respiration	Chapter #6
Jan 26	What goes in must come out: Kidney & Water	Chapter #7
Jan 31	The Energy Crisis	Chapter #8
Feb 2	<u>MIDTERM #1 EXAM</u>	
Feb 7	Endocannabinoid System & Health	Chapter #10
Feb 9	Sugar Kills? Carb, Fat & Protein Metabolism	Chapter #9
Feb 14	Mother's Little Helpers: Vitamins	Chapter #11
Feb 16	Macro and Micro - Minerals	Chapter #12
Feb 21	HOLIDAY	
Feb 23	Nutrition and Mental Health*	
<u>DIET PROJECT DUE Feb 26th (BEFORE MIDNIGHT)</u>		
Feb 28	Food & Mood: Eating Disorders*	Chapter #14
Mar 2	Run-Bike-Swim: Nutrition & Exercise	Chapter #13
Mar 7	Diana's Gift, Tribute to Dr. Saltman, & Personal Story	
Mar 9	<u>MIDTERM #2 EXAM</u>	Cumulative Exam

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Winter 2022

Winter Quarter begins	Monday, January 3
Instruction begins	Monday, January 3
HOLIDAY Martin Luther King, Jr.	Monday, January 17
HOLIDAY Presidents' Day	Monday, February 21
Instruction ends	Friday, March 11
NO Final Exams	Saturday — Saturday, March 12 — 19
Winter Quarter ends	Saturday, March 19