

		(Unless otherwise noted)	
DAY	DATE	CHAPTER / TOPIC	ALL ITEMS ARE DUE BY 11:59 PM CT
¹ Monday	January 15	Focus on Wellness – Pillar A	Acquire the required text and log into Canvas
Wednesday, January 17		Focus on Wellness – Pillar A	Intro to nutrition with a gameshow & tasting
Thursday	January 18	Focus on Wellness – Pillar A	“Pillar A” extra credit submissions due
Monday	January 22	1: How to be a nutrition detective	Video quiz and DI
Wednesday, January 24		1: How to be a nutrition detective	Food Desert grocery store SNAP challenge
Thursday	January 25	1: How to be a nutrition detective	Reflective assignment and “step”
Monday	January 29	2: Evaluate what’s on your plate	Video quiz and DI
Wednesday, January 31		2: Evaluate what’s on your plate	Applying it to your life with the step project Q/A
Thursday	February 1	2: Evaluate what’s on your plate	Reflective assignment and “step”
Monday	February 5	3: Beginner’s guide to eating healthy	Video quiz and DI
Wednesday, February 7		3: Beginner’s guide to eating healthy	Tour NCAA facilities with Illini Fuel
Thursday	February 8	3: Beginner’s guide to eating healthy	Reflective assignment and “step”
Monday	February 12	Focus on Wellness – Pillar B	Extra credit video quiz and DI
Wednesday, February 14		Focus on Wellness – Pillar B	Working Dinner (@ Spice Box)
Thursday	February 15	Focus on Wellness – Pillar B	Extra credit reflective assignment and “step”
¹ Monday	February 19	4: Digestion – one end to the other	Video quiz and DI
Wednesday, February 21		4: Digestion – one end to the other	Sharing your vision with FAWB program
Thursday	February 22	4: Digestion – one end to the other	Reflective assignment and “step”
Monday	February 26	5: Carbohydrates & the body’s reaction	Video quiz and DI
Wednesday, February 28		5: Carbohydrates & the body’s reaction	Disease & Stress – Mindful Meditation (@ ARC)
Thursday	February 29	5: Carbohydrates & the body’s reaction	Reflective assignment and “step”
Monday	March 4	6: Facts about fats	Video quiz and DI
Wednesday, March 6		6: Facts about fats	Work in teams to finalize the food drive project
Thursday	March 7	6: Facts about fats	Reflective assignment and “step”
March 9-17 – SPRING BREAK – Focus on Wellness: Pillar C – extra credit due by 11:59pm CST Sunday, March 17th			
Monday	March 18	7: Proteins – the building blocks	Video quiz and DI
Wednesday, March 20		7: Proteins – the building blocks	High-protein food taste test and discussion
Thursday	March 21	7: Proteins – the building blocks	Reflective assignment and “step”
¹ Monday	March 25	8: Water we learning about? Electrolytes	Video quiz and DI
Wednesday, March 27		8: Water we learning about? Electrolytes	Personal urinalysis with hydration discussion
Thursday	March 28	8: Water we learning about? Electrolytes	Reflective assignment and “step”
Monday	April 1	9: Metabolism at the microscopic level	Video quiz and DI
Wednesday, April 3		9: Metabolism at the microscopic level	Cooking Class: meals on a Budget (@ ARC)
Thursday	April 4	9: Metabolism at the microscopic level	Reflective assignment and “step”
Monday	April 8	Focus on Wellness: Pillar D	Extra credit video quiz and DI
Wednesday, April 10		Focus on Wellness: Pillar D	Food drive project check-in
Thursday	April 11	Focus on Wellness: Pillar D	Extra credit reflective assignment and “step”
Monday	April 15	10: Micronutrients of greatest concern	Video quiz and DI
Wednesday, April 17		10: Micronutrients of greatest concern	Supplement scavenger hunt (@Walgreens)
Thursday	April 18	10: Micronutrients of greatest concern	Reflective assignment and “step”
Monday	April 22	11: Body composition isn’t a competition	Video quiz and DI
Wednesday, April 24		11: Body composition isn’t a competition	End of semester team dinner (@ Spice Box)
Thursday	April 25	11: Body composition isn’t a competition	Reflective assignment and “step”
Monday	April 29	12: Serve it safe	Video quiz and DI
Wednesday, May 1		12: Serve it safe	Group Presentations – 10-minute project PPT
² Thursday	May 2	12: Serve it safe & makeup work	Reflective assignment and “step” // makeup work

¹Holidays are not conflicts as students can work asynchronously ahead.

²Makeup work is in person on Reading Day.