

		(Unless otherwise noted)	
DAY	DATE - 2026	CHAPTER / TOPIC	ALL ITEMS ARE DUE BY 11:59 PM CT
<sup>1</sup> Monday	January 19	Focus on Wellness – Pillar A	Acquire the required text and log into Canvas
Midweek		Focus on Wellness – Pillar A	Take notes and engage with the material
Thursday	January 22	Focus on Wellness – Pillar A	“Pillar A” extra credit submissions due
Monday	January 26	1: How to be a nutrition detective	Video quiz and DI
Midweek		1: How to be a nutrition detective	Take notes and engage with the material
Thursday	January 29	1: How to be a nutrition detective	Reflective assignment and “step”
Monday	February 2	2: Evaluate what’s on your plate	Video quiz and DI
Midweek		2: Evaluate what’s on your plate	Take notes and engage with the material
Thursday	February 5	2: Evaluate what’s on your plate	Reflective assignment and “step”
Monday	February 9	3: Beginner’s guide to eating healthy	Video quiz and DI
Midweek		3: Beginner’s guide to eating healthy	Take notes and engage with the material
Thursday	February 12	3: Beginner’s guide to eating healthy	Reflective assignment and “step”
Monday	February 16	Focus on Wellness – Pillar B	Extra credit video quiz and DI
Midweek		Focus on Wellness – Pillar B	<b>*No class/lecture: focus on self-care*</b>
Thursday	February 19	Focus on Wellness – Pillar B	Extra credit reflective assignment and “step”
Monday	February 23	4: Digestion – one end to the other	Video quiz and DI
Midweek		4: Digestion – one end to the other	Take notes and engage with the material
Thursday	February 26	4: Digestion – one end to the other	Reflective assignment and “step”
Monday	March 2	5: Carbohydrates & the body’s reaction	Video quiz and DI
Midweek		5: Carbohydrates & the body’s reaction	Take notes and engage with the material
Thursday	March 5	5: Carbohydrates & the body’s reaction	Reflective assignment and “step”
Monday	March 9	6: Facts about fats	Video quiz and DI
Midweek		6: Facts about fats	Take notes and engage with the material
Thursday	March 12	6: Facts about fats	Reflective assignment and “step”
March 14-22 – SPRING BREAK – Focus on Wellness: Pillar C – extra credit due by 11:59pm CST Sunday, March 22 <sup>nd</sup>			
Monday	March 23	7: Proteins – the building blocks	Video quiz and DI
Midweek		7: Proteins – the building blocks	Take notes and engage with the material
Thursday	March 26	7: Proteins – the building blocks	Reflective assignment and “step”
Monday	March 30	8: Water we learning about? Electrolytes	Video quiz and DI
Midweek		8: Water we learning about? Electrolytes	Take notes and engage with the material
Thursday	April 2	8: Water we learning about? Electrolytes	Reflective assignment and “step”
Monday	April 6	9: Metabolism at the microscopic level	Video quiz and DI
Midweek		9: Metabolism at the microscopic level	Take notes and engage with the material
Thursday	April 9	9: Metabolism at the microscopic level	Reflective assignment and “step”
Monday	April 13	Focus on Wellness: Pillar D	Extra credit video quiz and DI
Midweek		Focus on Wellness: Pillar D	<b>*No class/lecture: focus on self-care*</b>
Thursday	April 16	Focus on Wellness: Pillar D	Extra credit reflective assignment and “step”
Monday	April 20	10: Micronutrients of greatest concern	Video quiz and DI
Midweek		10: Micronutrients of greatest concern	Take notes and engage with the material
Thursday	April 23	10: Micronutrients of greatest concern	Reflective assignment and “step”
Monday	April 27	11: Body composition isn’t a competition	Video quiz and DI
Midweek		11: Body composition isn’t a competition	Take notes and engage with the material
Thursday	April 30	11: Body composition isn’t a competition	Reflective assignment and “step”
Monday	May 4	12: Serve it safe	Video quiz and DI
Midweek		12: Serve it safe	Take notes and engage with the material
<sup>2</sup> Thursday	May 7	12: Serve it safe & makeup work	Reflective assignment and “step” // makeup work

<sup>1</sup>Holidays are not conflicts as students can work asynchronously ahead.

<sup>2</sup>Makeup work is in person on Reading Day.