

(Unless otherwise noted) ALL ITEMS ARE DUE BY 11:59 PM CT			
DAY	DATE	CHAPTER / TOPIC	
Monday	August 24	Focus on Wellness – Pillar A	Login to Canvas & eBook
Midweek		Focus on Wellness – Pillar A	Take notes and engage with the material
Thursday	August 27	Focus on Wellness – Pillar A	“Pillar A” extra credit submissions due
Monday	August 31	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	September 3	1: How to be a nutrition detective	Reflective assignment and “step”
¹ Monday	September 7	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	September 10	2: Evaluate what’s on your plate	Reflective assignment and “step”
Monday	September 14	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	September 17	3: Beginner’s guide to eating healthy	Reflective assignment and “step”
Monday	September 21	Focus on Wellness – Pillar B	Extra credit video quiz and DI
Midweek		Focus on Wellness – Pillar B	focus on self-care
Thursday	September 24	Focus on Wellness – Pillar B	Extra credit reflective assignment and “step”
Monday	September 28	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	October 1	4: Digestion – one end to the other	Reflective assignment and “step”
Monday	October 5	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	October 8	5: Carbohydrates & the body’s reaction	Reflective assignment and “step”
Monday	October 12	6: Facts about fats	Video quiz and DI
Midweek		6: Facts about fats	Take notes and engage with the material
Thursday	October 15	6: Facts about fats	Reflective assignment and “step”
Monday	October 19	Focus on Wellness: Pillar C	Extra credit video quiz and DI
Midweek		Focus on Wellness: Pillar C	focus on self-care
Thursday	October 22	Focus on Wellness: Pillar C	Extra credit reflective assignment and “step”
Monday	October 26	7: Proteins – the building blocks	Video quiz and DI
Midweek		7: Proteins – the building blocks	Take notes and engage with the material
Thursday	October 29	7: Proteins – the building blocks	Reflective assignment and “step”
Monday	November 2	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	November 5	8: Water we learning about? Electrolytes	Reflective assignment and “step”
Monday	November 9	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	November 12	9: Metabolism at the microscopic level	Reflective assignment and “step”
Monday	November 16	10: Micronutrients of greatest concern	Video quiz and DI
Midweek		10: Micronutrients of greatest concern	Take notes and engage with the material
Thursday	November 19	10: Micronutrients of greatest concern	Reflective assignment and “step”
November 21 – November 29 – FALL BREAK – Focus on Wellness: Pillar D – extra credit due by 11:59pm CST Sunday, November 29			
Monday	November 30	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	December 3	11: Body composition isn’t a competition	Reflective assignment and “step”
Monday	December 7	12: Serve it safe	Video quiz and DI
Midweek		12: Serve it safe	Take notes and engage with the material
² Thursday	December 10	12: Serve it safe & makeup work	Reflective assignment and “step” // makeup work

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

²Reading Day is the date for makeup work.