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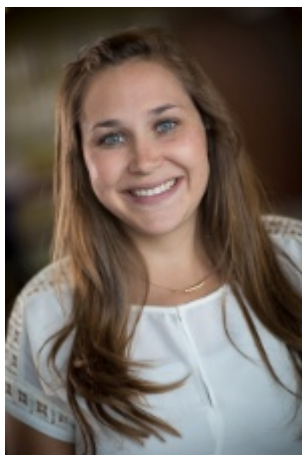
NUIP 1020-070: Summer 2021

SCIENTIFIC FOUNDATIONS IN NUTRITION AND HEALTH

INSTRUCTOR INFORMATION

Sydney Abbott, MS RD

Assistant Professor



sydney.abbott@utah.edu

Department of Nutrition and Integrative Physiology
(<https://health.utah.edu/nutrition-integrative-physiology/>)

*Virtual Office Hours: Thursdays 10:00am-11:00am via
Zoom or by appointment*

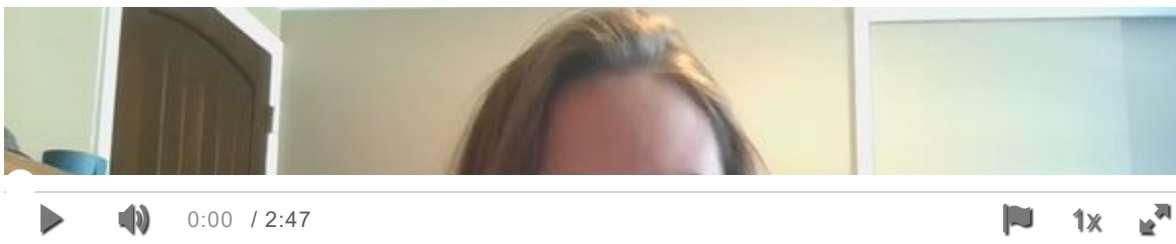
Link:

[https://utah-health.zoom.us/j/94400213481?
pwd=aUFkWiBmNHdheUwrU2V5M1E0SFd6QT09](https://utah-health.zoom.us/j/94400213481?pwd=aUFkWiBmNHdheUwrU2V5M1E0SFd6QT09)

*Additional information on how to access the Zoom office
hours can be found [here](#).*



NUIP 1020_Su20_Intro Video



CLASS TIME & CREDIT HOURS

Class Time: Online Course

Credit Hours: 3.0


Course will be completed during the first session of the semester.

COURSE DESCRIPTION

Role of carbohydrates, protein, lipids, water, vitamins and minerals in human nutrition. Relationship of nutrition to maintenance of health and prevention of disease. Role of nutrition in weight control, sports nutrition, eating disorders, pregnancy/lactation, and chronic disease are discussed. Students participate in laboratory applications for lipid profiles and blood pressure assessment.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

1. Understand the scientific method and hypothesis testing. Learn about experimental models used in nutrition research; discern the reliability of nutrition information based on scientific evidence. 
2. Integrate the scientific knowledge of nutrition, genetics, chemistry, metabolism, exercise and lifestyle to evaluate and manage diets that support life-long health.
3. Describe how the human body digests food, metabolizes and utilizes the nutrients and Calories in health or disease; and identify risks factors for developing chronic disease including the interpretation of biochemical, clinical and anthropometrical laboratory measures.
4. Evaluate food package label information - analytically and critically determine the contribution of nutrients in packaged foods to the foundation of a healthy diet.
5. Utilize basic nutritional scientific terminology; describe the essential nutrients and their role in normal metabolism; and identify good dietary sources of nutrients.

PREREQUISITES

None.

REQUIRED MATERIAL

Required: Contemporary Nutrition, A Functional Approach, 6th edition, Wardlaw G, Smith A, Collene A. McGraw Hill Publishers.

This is bundled with other web-based material we use in class. This is an electronic book--there is not a paper copy available for this course.

WELCOME TO INCLUSIVE ACCESS! NUIP 1020 You have enrolled in a course that utilizes an Inclusive Access title. What does this mean? All your required course materials will be available the first day of class through Canvas in the form of digital access. It's that easy—you don't have to do anything else but go to class. You were charged for the course materials along with your tuition at a substantial savings. For this course, the regular price of the textbook is \$140.00, but you were only charged \$82.35.

If you chose to Opt-Out and obtain your own course materials you can do so anytime up through the first two weeks of class. See instructions on Canvas Announcement for accessing McGraw-Hill Connect and the ebook!

LEARNING ASSESSMENTS

1. Nutrition Article Review: You will select a nutrition related article, and critically evaluate its content and message. Download the assignment instructions from Canvas to get the questions that will



guide you through the evaluation of the article you select.

2. Diet Analysis Assignment: For this assignment you will record your food and drink intake for 3 days, then analyze it using the diet analysis software found on Connect. The analysis will give you information on your kilocalorie, micro- and macronutrient intake as compared to the RDA for your age, sex, and activity level. Download the assignment instructions found on Canvas to get a copy of the questions that you must complete after analyzing your diet.
3. Clinical Health Evaluation: Using clinical evaluation tools of blood lipid levels, blood pressure and body composition, you will assess an individual's health. Based on your assessment, you will make appropriate nutrition recommendations for managing chronic disease risk.
4. SmartBook 2.0 Assignments: On our class Connect page, there are "SmartBook 2.0" assignments for each assigned chapter of reading. These assignments will help you prepare for class and exams. You will have unlimited attempts to answer a question on each concept correctly. After you complete the SmartBook 2.0 assignment on Connect, you will be given full credit for the assignment. There are SmartBook 2.0 assignments due every week throughout the semester.
5. Module Participation and Completion: Every week there will be small activities included in the module to assess current learning, expand on a certain topic, and provide you with the opportunity to apply your knowledge. Credit for these assignments will be primarily based on participation and completion.
6. Exams & Exam Policy:
 - There will be 3 exams during the semester. Each exam will cover the material from the previous section. The exams are not comprehensive.
 - Format is multiple choice and true/false questions. Exams 1-3 will consist of 50 questions worth 2 points each
 - o Exams will open at 6:00am and close at 10:00pm the next day. All exams must be completed within 120 minutes of starting the exam.
 - o Exams will be proctored online using the ProctorU Canvas plug-in.
 - o No additional notes, books, electronic devices, etc will be allowed in your desk area during the exam.
 - o Anyone caught cheating on an exam will, at minimum, receive a zero on that exam.

Point Breakdown for Assignments and Exams

Assignment	Points Available
Nutrition Article Review	50 points
Diet Analysis Assignment	50 points



Assignment	Points Available
Clinical Health Evaluation Assignment	50 points
SmartBook 2.0 Sections 1, 2, and 3	150 points (50 points/section)
Module Participation and Completion	90 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Total Points	690 points

FREQUENTLY ASKED QUESTIONS

What's the best way to go about managing my time for this class?

Successful students (those that get A's and B's) use their time wisely. The standard formula for college coursework is that for every 1 hour of credit a student will spend 3 to 6 hours (and sometimes more) of studying and completing homework. Thus, a 3 credit course will require an average of 9 to 18 hours of homework (reading, research, studying) per week.

As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work.

Please note the class is cumulative in nature. A good understanding of the material in the first part of the semester is necessary in order to proceed successfully throughout the remainder of the semester. Because this is an accelerated course that will be completed in just over 5 weeks, you should expect to spend double to triple the amount of time outlined above on a weekly basis.

I missed an assignment due date, now what?



Late assignments will be deducted 10 points per day. If you experience technical difficulties with submitting assignments, contact U-online for technical assistance immediately at 801-585-5959 or if you experience technical difficulties with submitting assignments, contact UOnline for technical assistance immediately at 801-585-5959 or email me at sydney.abbott@utah.edu (<mailto:sydney.abbott@utah.edu>).

What if I miss an exam?

There will be no make-up exams without prearranged written permission from the instructor. If the incident resulting in a missed exam occurs on the due date - you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control.

Late exams must be completed within one week of the first date the exam is offered. Contact your instructor via e-mail prior to the scheduled exam time or within 24 hours after the incident. Missed exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, your instructor will work with you to make arrangements. These arrangements must be scheduled at least 1 week before the exam for a time before the originally planned test date (i.e., if you have a university athletic event or debate meet).

GRADING SCHEME

The following grading standards will be used in this class:

Grade	Range
A	100 % to 92.5%
A-	< 92.5 % to 89.5%
B+	< 89.5 % to 87.5%
B	< 87.5 % to 82.5%
B-	< 82.5 % to 79.5%
C+	< 79.5 % to 77.5%



Grade	Range
C	< 77.5 % to 72.5%
C-	< 72.5 % to 69.5%
D+	< 69.5 % to 67.5%
D	< 67.5 % to 62.5%
D-	< 62.5 % to 59.5%
F	< 59.5 % to 0.0%

UNIVERSITY POLICIES

COVID-19 CAMPUS GUIDELINES

Students are required to self-report if they test positive for COVID-19. To report, please contact:

COVID-19 Central @ The U

☎ 801-213-2874

🌐 coronavirus.utah.edu (<https://coronavirus.utah.edu/>)

To reduce the spread of COVID-19 on campus, **face coverings are required in all in-person classes for both students and faculty.** Face coverings are required to cover both your mouth and your nose. Please note that face shields alone are not an acceptable form of face covering unless also worn with a covering or mask for the nose and mouth.

Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. **If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code.**

Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the **Center for Disability and Access** (<https://t.e2ma.net/click/vlufyz/js70keu/biaugte>) (CDA).

Accommodations should be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering.

If you believe you meet these criteria, contact:



Center for Disability & Access

📞 801-581-5020

🌐 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Everyone is encouraged to wash their hands, use hand sanitizer, and clean their desks with wipes, which will be available at classroom entrances and at “sanitizing stations” in multi-use buildings, including Marriott Library. Read more information about the building cleaning schedule on [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/).

DROP/WITHDRAWAL POLICIES

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade “W” is not used in calculating the student’s GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's [Academic Calendar \(https://registrar.utah.edu/academic-calendars/index.php\)](https://registrar.utah.edu/academic-calendars/index.php).

PLAGIARISM & CHEATING

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

“...Includes, but is not limited to, cheating, misrepresenting one’s work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct.”

For details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities \(http://regulations.utah.edu/academics/6-400.php\)](http://regulations.utah.edu/academics/6-400.php).



COURSE MATERIALS COPYRIGHT

The Content is made available only for your personal, noncommercial educational and scholarly use. You may not use the Content for any other purpose, or distribute, post or make the Content available to others, unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the **[Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php)** (<https://regulations.utah.edu/academics/6-400.php>), Section III.A.5 regarding use and distribution of class Content and materials.

<https://regulations.utah.edu/academics/6-400.php> (<https://regulations.utah.edu/academics/6-400.php>) Section III.A.5. prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. (“Work product” means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

SAFETY AT THE U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.

For more information regarding safety and to view available training resources, including helpful videos, visit **safeu.utah.edu** (<http://safeu.utah.edu>).

To report suspicious activity or to request a courtesy escort, contact:

Campus Police & Department of Public Safety

☎ 801-585-COPS (801-585-2677)


🌐 **dps.utah.edu** (<https://dps.utah.edu>)

📍 1735 E. S. Campus Dr.

Salt Lake City, UT 84112


WELLNESS AT THE U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student’s ability to succeed and thrive in this course and at the University of Utah.


Please feel welcome to reach out to your instructor or TA's to handle issues regarding your course 

For helpful resources to manage your personal wellness and counseling options, contact:


Center for Student Wellness

 801-581-7776


 [wellness.utah.edu \(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

 2100 Eccles Student Life Center
1836 Student Life Way
Salt Lake City, UT 84112

Women's Resource Center

 801-581-8030

 [womenscenter.utah.edu \(https://womenscenter.utah.edu/\)](https://womenscenter.utah.edu/)

 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112


[\(http://www.wellness.utah.edu/\)](http://www.wellness.utah.edu/)

ADDRESSING SEXUAL MISCONDUCT


Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:


Title IX Coordinator & Office of Equal Opportunity and Affirmative Action

 801-581-8365

 [oeo.utah.edu \(https://oeo.utah.edu/\)](https://oeo.utah.edu/)

 135 Park Building
201 Presidents' Cir.
Salt Lake City, UT 84112

Office of the Dean of Students

 801-581-7066

 [deanofstudents.utah.edu \(https://deanofstudents.utah.edu/\)](https://deanofstudents.utah.edu/)

 270 Union Building

200 S. Central Campus Dr.
Salt Lake City, UT 84112



To file a police report, contact:

Campus Police & Department of Public Safety

📞 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu \(https://dps.utah.edu/\)](https://dps.utah.edu/)

📍 1735 E. S. Campus Dr.

Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

Center for Student Wellness

📞 801-581-7776

🌐 [wellness.utah.edu \(http://wellness.utah.edu/\)](http://wellness.utah.edu/)

📍 328 Student Services Building

201 S. 1460 E.

Salt Lake City, UT 84112

AMERICANS WITH DISABILITIES ACT (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the **[Instruction & Evaluation regulations \(http://regulations.utah.edu/academics/6-100.php\)](http://regulations.utah.edu/academics/6-100.php)**.

If you will need accommodations in this class, or for more information about what support they provide, contact:

Center for Disability & Access

📞 801-581-5020

🌐 [disability.utah.edu \(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112



DIVERSE STUDENT SUPPORT

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

📞 801-581-7188

🌐 [trio.utah.edu \(https://trio.utah.edu/\)](https://trio.utah.edu/)

📍 Room 2075

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

American Indian Students

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive “home-away-from-home” space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

📞 801-581-7019

🌐 [diversity.utah.edu/centers/airc \(https://diversity.utah.edu/centers/airc/\)](https://diversity.utah.edu/centers/airc/)

📍 Fort Douglas Building 622

1925 De Trobriand St.

Salt Lake City, UT 84113

Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

📞 801-213-1441

🌐 diversity.utah.edu/centers/bcc (<https://diversity.utah.edu/centers/bcc/>)

📍 Fort Douglas Building 603
95 Fort Douglas Blvd.
Salt Lake City, UT 84113

Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

📞 801-585-5897

🌐 childcare.utah.edu (<https://childcare.utah.edu/>)

📍 408 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students With Disabilities

The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability Services

📞 801-581-5020

🌐 disability.utah.edu (<https://disability.utah.edu/>)

📍 162 Union Building

200 S. Central Campus Dr.
Salt Lake City, UT 84112



Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Ethnic Student Affairs

📞 801-581-8151

🌐 diversity.utah.edu/centers/cesa/ (<https://diversity.utah.edu/centers/cesa/>)

📍 235 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

📞 801-587-9122

🌐 writingcenter.utah.edu (<http://writingcenter.utah.edu/>)

📍 2701 Marriott Library
295 S 1500 E
Salt Lake City, UT 84112

English for Academic Success (EAS) Program

📞 801-581-8047

🌐 linguistics.utah.edu/eas-program (<https://linguistics.utah.edu/eas-program/>)

📍 2300 LNCO
255 S. Central Campus Dr.
Salt Lake City, UT 84112

English Language Institute

📞 801-581-4600

🌐 continue.utah.edu/eli (<http://continue.utah.edu/eli>)

📍 540 Arapeen Dr.
Salt Lake City, UT 84108

Undocumented Students



Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center

📞 801-213-3697

🌐 dream.utah.edu (<http://dream.utah.edu/>)

📍 1120 Annex (Wing B)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

📞 801-587-7973

🌐 lgbt.utah.edu (<http://lgbt.utah.edu/>)

📍 409 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:



Veterans Support Center

☎ 801-587-7722

🌐 (<http://lgbt.utah.edu/>) veteranscenter.utah.edu (<http://veteranscenter.utah.edu/>)

📍 418 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Women's Resource Center

☎ 801-581-8030

🌐 womenscenter.utah.edu (<https://womenscenter.utah.edu/>)

📍 411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:



Office for Inclusive Excellence

📞 801-581-4600

🌐 inclusive-excellence.utah.edu (<https://inclusive-excellence.utah.edu/>)
(<http://continue.utah.edu/eli>)

📍 170 Annex (Wing D)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:

🌐 getinvolved.utah.edu/ (<https://getinvolved.utah.edu/>)

🌐 studentsuccess.utah.edu/resources/student-support
(<https://studentsuccess.utah.edu/resources/student-support/>)

COURSE SCHEDULE

Note: Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.


Course Summary:


Date	Details	Due
	📄 Assignment #1: Article Review (https://utah.instructure.com/courses/691885/assignments/9097905)	
	📄 Assignment #2: Diet Analysis (https://utah.instructure.com/courses/691885/assignments/9097906)	
	📄 Assignment #3: Clinical Health Evaluation (https://utah.instructure.com/courses/691885/assignments/9097907)	
	📄 Exam #1 (https://utah.instructure.com/courses/691885/assignments/9097902)	
	📄 Exam #2 (https://utah.instructure.com/courses/691885/assignments/9097903)	


**Date****Details**


 **[Exam #3](https://utah.instructure.com/courses/691885/assignments/9097904)**
(<https://utah.instructure.com/courses/691885/assignments/9097904>)

 **[Extra Credit Case Study](https://utah.instructure.com/courses/691885/assignments/9097908)**
(<https://utah.instructure.com/courses/691885/assignments/9097908>)

 **[NUIP 1020 Office Hours](https://utah.instructure.com/calendar?event_id=2474092&include_contexts=course_691885)**
(Optional)
(https://utah.instructure.com/calendar?event_id=2474092&include_contexts=course_691885)

 **[NUIP 1020 Open Virtual Office Hours \(Optional\)](https://utah.instructure.com/calendar?event_id=2474091&include_contexts=course_691885)**
(https://utah.instructure.com/calendar?event_id=2474091&include_contexts=course_691885)

 **[Optional Office Hours: NUIP 1020-070 Summer 2020 Sci Fndtn Nutr & Health](https://utah.instructure.com/calendar?event_id=2474093&include_contexts=course_691885)**
(https://utah.instructure.com/calendar?event_id=2474093&include_contexts=course_691885)

 **[Week 1 Module Participation and Completion](https://utah.instructure.com/courses/691885/assignments/9097913)**
(<https://utah.instructure.com/courses/691885/assignments/9097913>)

 **[Week 1: Chapter 1 \(Nutrition, Food Choices, and Health\)](https://utah.instructure.com/courses/691885/assignments/9097909)**
(<https://utah.instructure.com/courses/691885/assignments/9097909>)

 **[Week 1: Chapter 2 \(Designing a Healthy Eating Pattern\)](https://utah.instructure.com/courses/691885/assignments/9097910)**
(<https://utah.instructure.com/courses/691885/assignments/9097910>)


 **[Week 1: Chapter 3 \(The Human Body\)](https://utah.instructure.com/courses/691885/assignments/9097911)**
(<https://utah.instructure.com/courses/691885/assignments/9097911>)

 **[Week 1: Chapter 4 \(Carbohydrates\)](https://utah.instructure.com/courses/691885/assignments/9097912)**
(<https://utah.instructure.com/courses/691885/assignments/9097912>)


**Date****Details**

 **[Week 2 Module Participation](https://utah.instructure.com/courses/691885/assignments/9097916)**
(<https://utah.instructure.com/courses/691885/assignments/9097916>)


 **[Week 2: Chapter 5 \(Lipids\)](https://utah.instructure.com/courses/691885/assignments/9097914)**
(<https://utah.instructure.com/courses/691885/assignments/9097914>)

 **[Week 2: Chapter 6 \(Proteins\)](https://utah.instructure.com/courses/691885/assignments/9097915)**
(<https://utah.instructure.com/courses/691885/assignments/9097915>)

 **[Week 3 Module Participation](https://utah.instructure.com/courses/691885/assignments/9097921)**
(<https://utah.instructure.com/courses/691885/assignments/9097921>)


 **[Week 3: Chapter 10 \(Nutrients Involved in Body Defenses\)](https://utah.instructure.com/courses/691885/assignments/9097917)**
(<https://utah.instructure.com/courses/691885/assignments/9097917>)


 **[Week 3: Chapter 11 \(Nutrients Involved in Bone Health\)](https://utah.instructure.com/courses/691885/assignments/9097918)**
(<https://utah.instructure.com/courses/691885/assignments/9097918>)

 **[Week 3: Chapter 8 \(Overview of Micronutrients\)](https://utah.instructure.com/courses/691885/assignments/9097919)**
(<https://utah.instructure.com/courses/691885/assignments/9097919>)

 **[Week 3: Chapter 9 \(Fluid Balance and Electrolytes\)](https://utah.instructure.com/courses/691885/assignments/9097920)**
(<https://utah.instructure.com/courses/691885/assignments/9097920>)


 **[Week 4 Module Participation](https://utah.instructure.com/courses/691885/assignments/9097924)**
(<https://utah.instructure.com/courses/691885/assignments/9097924>)


 **[Week 4: Chapter 12 \(Micronutrients Function in Energy Metabolism\)](https://utah.instructure.com/courses/691885/assignments/9097922)**
(<https://utah.instructure.com/courses/691885/assignments/9097922>)

 **[Week 4: Chapter 13 \(Blood and Brain Health\)](https://utah.instructure.com/courses/691885/assignments/9097923)**
(<https://utah.instructure.com/courses/691885/assignments/9097923>)

 **[Week 5 Module Participation](https://utah.instructure.com/courses/691885/assignments/9097928)**
(<https://utah.instructure.com/courses/691885/assignments/9097928>)

**Date****Details**

 **[Week 5: Adulthood and Older Age](https://utah.instructure.com/courses/691885/assignments/9097925)**
(<https://utah.instructure.com/courses/691885/assignments/9097925>)

 **[Week 5: Energy Balance and Weight Management](https://utah.instructure.com/courses/691885/assignments/9097926)**
(<https://utah.instructure.com/courses/691885/assignments/9097926>)

 **[Week 5: Infants and Adolescence](https://utah.instructure.com/courses/691885/assignments/9097927)**
(<https://utah.instructure.com/courses/691885/assignments/9097927>)

 **[Week 5: Pregnancy and Breastfeeding](https://utah.instructure.com/courses/691885/assignments/9097929)**
(<https://utah.instructure.com/courses/691885/assignments/9097929>)

 **[Week 6 Module Participation](https://utah.instructure.com/courses/691885/assignments/9097932)**
(<https://utah.instructure.com/courses/691885/assignments/9097932>)

 **[Week 6: Eating Disorders](https://utah.instructure.com/courses/691885/assignments/9097930)**
(<https://utah.instructure.com/courses/691885/assignments/9097930>)

 **[Week 6: Food Safety](https://utah.instructure.com/courses/691885/assignments/9097931)**
(<https://utah.instructure.com/courses/691885/assignments/9097931>)
