

## Food Science – Facts and Fiction

Week 1	Our Bodies and Plants
Week 2	History of Nutritional Science
Week 3	The Value of Fiber and Starch
Week 4	The Problems with Fat
Week 5	Reversing America's #1 Threat – Heart Disease
Week 6	Reversing Diabetes
Week 7	Dementia Prevention
Week 8	Optimizing Immunity
Week 9	The Future of Nutrition
Week 10	TBD – Class Trip
Week 11	Thanksgiving Break