



Program: *Nutrition Pathways*
(FCS, HE 165 - Fundamentals of Nutrition)

Start Date: August 25, 2009

End Date: December 18, 2009

Program Airs on PCTV: Tuesday Midnight - 1:00a.m.
Tuesday 9:00a.m. - 10:00a.m.
Tuesday 9:30p.m. - 10:30p.m.

Program Airs on PCTV Webcast/AT&T Only: Tuesday 6:30p.m. - 7:30p.m.

Ch.	Date	Start Time	End Time	Program(s)
PCTV	August 25, 2009	12:00 AM	1:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	August 25, 2009	9:00 AM	10:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	August 25, 2009	9:30 PM	10:30 PM	1: Nutrition Basics 2: The Digestive System
WEB/AT&T	August 25, 2009	6:30 PM	7:30 PM	1: Nutrition Basics 2: The Digestive System
PCTV	September 1, 2009	12:00 AM	1:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	September 1, 2009	9:00 AM	10:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	September 1, 2009	9:30 PM	10:30 PM	1: Nutrition Basics 2: The Digestive System
WEB/AT&T	September 1, 2009	6:30 PM	7:30 PM	1: Nutrition Basics 2: The Digestive System
PCTV	September 8, 2009	12:00 AM	1:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	September 8, 2009	9:00 AM	10:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	September 8, 2009	9:30 PM	10:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
WEB/AT&T	September 8, 2009	6:30 PM	7:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	September 15, 2009	12:00 AM	1:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	September 15, 2009	9:00 AM	10:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	September 15, 2009	9:30 PM	10:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects
WEB/AT&T	September 15, 2009	6:30 PM	7:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	September 22, 2009	12:00 AM	1:00 AM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	September 22, 2009	9:00 AM	10:00 AM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	September 22, 2009	9:30 PM	10:30 PM	7: Protein: Form and Function 8: Protein: Protein Continuum
WEB/AT&T	September 22, 2009	6:30 PM	7:30 PM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	September 29, 2009	12:00 AM	1:00 AM	9: Metabolism 10: Weight Control: Energy Regulation
PCTV	September 29, 2009	9:00 AM	10:00 AM	9: Metabolism 10: Weight Control: Energy Regulation
PCTV	September 29, 2009	9:30 PM	10:30 PM	9: Metabolism 10: Weight Control: Energy Regulation
WEB/AT&T	September 29, 2009	6:30 PM	7:30 PM	9: Metabolism 10: Weight Control: Energy Regulation
PCTV	October 6, 2009	12:00 AM	1:00 AM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
PCTV	October 6, 2009	9:00 AM	10:00 AM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
PCTV	October 6, 2009	9:30 PM	10:30 PM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
WEB/AT&T	October 6, 2009	6:30 PM	7:30 PM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
PCTV	October 13, 2009	12:00 AM	1:00 AM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble
PCTV	October 13, 2009	9:00 AM	10:00 AM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble
PCTV	October 13, 2009	9:30 PM	10:30 PM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble
WEB/AT&T	October 13, 2009	6:30 PM	7:30 PM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	October 20, 2009	12:00 AM	1:00 AM	15: Trace Minerals 16: Physical Activity: Fitness Basics
PCTV	October 20, 2009	9:00 AM	10:00 AM	15: Trace Minerals 16: Physical Activity: Fitness Basics
PCTV	October 20, 2009	9:30 PM	10:30 PM	15: Trace Minerals 16: Physical Activity: Fitness Basics
WEB/AT&T	October 20, 2009	6:30 PM	7:30 PM	15: Trace Minerals 16: Physical Activity: Fitness Basics
PCTV	October 27, 2009	12:00 AM	1:00 AM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
PCTV	October 27, 2009	9:00 AM	10:00 AM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
PCTV	October 27, 2009	9:30 PM	10:30 PM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
WEB/AT&T	October 27, 2009	6:30 PM	7:30 PM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
PCTV	November 3, 2009	12:00 AM	1:00 AM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	November 3, 2009	9:00 AM	10:00 AM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	November 3, 2009	9:30 PM	10:30 PM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
WEB/AT&T	November 3, 2009	6:30 PM	7:30 PM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	November 10, 2009	12:00 AM	1:00 AM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease
PCTV	November 10, 2009	9:00 AM	10:00 AM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease
PCTV	November 10, 2009	9:30 PM	10:30 PM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease
WEB/AT&T	November 10, 2009	6:30 PM	7:30 PM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	November 17, 2009	12:00 AM	1:00 AM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
PCTV	November 17, 2009	9:00 AM	10:00 AM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
PCTV	November 17, 2009	9:30 PM	10:30 PM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
WEB/AT&T	November 17, 2009	6:30 PM	7:30 PM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
PCTV	November 24, 2009	12:00 AM	1:00 AM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
PCTV	November 24, 2009	9:00 AM	10:00 AM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
PCTV	November 24, 2009	9:30 PM	10:30 PM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
WEB/AT&T	November 24, 2009	6:30 PM	7:30 PM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
PCTV	December 1, 2009	12:00 AM	1:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	December 1, 2009	9:00 AM	10:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	December 1, 2009	9:30 PM	10:30 PM	1: Nutrition Basics 2: The Digestive System
WEB/AT&T	December 1, 2009	6:30 PM	7:30 PM	1: Nutrition Basics 2: The Digestive System
PCTV	December 8, 2009	12:00 AM	1:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	December 8, 2009	9:00 AM	10:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	December 8, 2009	9:30 PM	10:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
WEB/AT&T	December 8, 2009	6:30 PM	7:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	December 15, 2009	12:00 AM	1:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	December 15, 2009	9:00 AM	10:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	December 15, 2009	9:30 PM	10:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects
WEB/AT&T	December 15, 2009	6:30 PM	7:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects