



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

Start Date: January 19, 2010

End Date: May 21, 2010

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	January 19, 2010	12:00 AM	1:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	January 19, 2010	9:00 AM	10:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	January 19, 2010	9:30 PM	10:30 PM	1: Nutrition Basics 2: The Digestive System
WEB/AT&T	January 19, 2010	6:30 PM	7:30 PM	1: Nutrition Basics 2: The Digestive System
PCTV	January 26, 2010	12:00 AM	1:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	January 26, 2010	9:00 AM	10:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	January 26, 2010	9:30 PM	10:30 PM	1: Nutrition Basics 2: The Digestive System
WEB/AT&T	January 26, 2010	6:30 PM	7:30 PM	1: Nutrition Basics 2: The Digestive System
PCTV	February 2, 2010	12:00 AM	1:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	February 2, 2010	9:00 AM	10:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	February 2, 2010	9:30 PM	10:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
WEB/AT&T	February 2, 2010	6:30 PM	7:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	February 9, 2010	12:00 AM	1:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	February 9, 2010	9:00 AM	10:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	February 9, 2010	9:30 PM	10:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects
WEB/AT&T	February 9, 2010	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	February 16, 2010	12:00 AM	1:00 AM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	February 16, 2010	9:00 AM	10:00 AM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	February 16, 2010	9:30 PM	10:30 PM	7: Protein: Form and Function 8: Protein: Protein Continuum
WEB/AT&T	February 16, 2010	6:30 PM	7:30 PM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	February 23, 2010	12:00 AM	1:00 AM	9: Metabolism 10: Weight Control: Energy Regulation
PCTV	February 23, 2010	9:00 AM	10:00 AM	9: Metabolism 10: Weight Control: Energy Regulation
PCTV	February 23, 2010	9:30 PM	10:30 PM	9: Metabolism 10: Weight Control: Energy Regulation
WEB/AT&T	February 23, 2010	6:30 PM	7:30 PM	9: Metabolism 10: Weight Control: Energy Regulation
PCTV	March 2, 2010	12:00 AM	1:00 AM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
PCTV	March 2, 2010	9:00 AM	10:00 AM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
PCTV	March 2, 2010	9:30 PM	10:30 PM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
WEB/AT&T	March 2, 2010	6:30 PM	7:30 PM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble
PCTV	March 9, 2010	12:00 AM	1:00 AM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble
PCTV	March 9, 2010	9:00 AM	10:00 AM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble
PCTV	March 9, 2010	9:30 PM	10:30 PM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble
WEB/AT&T	March 9, 2010	6:30 PM	7:30 PM	13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble



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PCTV	March 16, 2010	12:00 AM	1:00 AM	15: Trace Minerals 16: Physical Activity: Fitness Basics
PCTV	March 16, 2010	9:00 AM	10:00 AM	15: Trace Minerals 16: Physical Activity: Fitness Basics
PCTV	March 16, 2010	9:30 PM	10:30 PM	15: Trace Minerals 16: Physical Activity: Fitness Basics
WEB/AT&T	March 16, 2010	6:30 PM	7:30 PM	15: Trace Minerals 16: Physical Activity: Fitness Basics
PCTV	March 23, 2010	12:00 AM	1:00 AM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
PCTV	March 23, 2010	9:00 AM	10:00 AM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
PCTV	March 23, 2010	9:30 PM	10:30 PM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
WEB/AT&T	March 23, 2010	6:30 PM	7:30 PM	17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy
PCTV	March 30, 2010	12:00 AM	1:00 AM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	March 30, 2010	9:00 AM	10:00 AM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	March 30, 2010	9:30 PM	10:30 PM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
WEB/AT&T	March 30, 2010	6:30 PM	7:30 PM	19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	April 6, 2010	12:00 AM	1:00 AM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease
PCTV	April 6, 2010	9:00 AM	10:00 AM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease
PCTV	April 6, 2010	9:30 PM	10:30 PM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease
WEB/AT&T	April 6, 2010	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	April 13, 2010	12:00 AM	1:00 AM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
PCTV	April 13, 2010	9:00 AM	10:00 AM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
PCTV	April 13, 2010	9:30 PM	10:30 PM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
WEB/AT&T	April 13, 2010	6:30 PM	7:30 PM	23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes
PCTV	April 20, 2010	12:00 AM	1:00 AM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
PCTV	April 20, 2010	9:00 AM	10:00 AM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
PCTV	April 20, 2010	9:30 PM	10:30 PM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
WEB/AT&T	April 20, 2010	6:30 PM	7:30 PM	25: Consumer Concerns and Food Safety 26: Applied Nutrition
PCTV	April 27, 2010	12:00 AM	1:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	April 27, 2010	9:00 AM	10:00 AM	1: Nutrition Basics 2: The Digestive System
PCTV	April 27, 2010	9:30 PM	10:30 PM	1: Nutrition Basics 2: The Digestive System
WEB/AT&T	April 27, 2010	6:30 PM	7:30 PM	1: Nutrition Basics 2: The Digestive System
PCTV	May 4, 2010	12:00 AM	1:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	May 4, 2010	9:00 AM	10:00 AM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	May 4, 2010	9:30 PM	10:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
WEB/AT&T	May 4, 2010	6:30 PM	7:30 PM	3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber



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PCTV	May 11, 2010	12:00 AM	1:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	May 11, 2010	9:00 AM	10:00 AM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	May 11, 2010	9:30 PM	10:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects
WEB/AT&T	May 11, 2010	6:30 PM	7:30 PM	5: Fats: The Lipid Family 6: Fats: Health Effects
PCTV	May 18, 2010	12:00 AM	1:00 AM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	May 18, 2010	9:00 AM	10:00 AM	7: Protein: Form and Function 8: Protein: Protein Continuum
PCTV	May 18, 2010	9:30 PM	10:30 PM	7: Protein: Form and Function 8: Protein: Protein Continuum
WEB/AT&T	May 18, 2010	6:30 PM	7:30 PM	7: Protein: Form and Function 8: Protein: Protein Continuum