



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

Start Date: June 16, 2007

End Date: August 17, 2007

Program Airs on PCTV: **Friday Midnight - 2:30am**
Monday - Friday 10:00 - 10:30pm

Ch.	Date	Start Time	End Time	Program(s)
PCTV	June 18, 2007	10:00 PM	10:30 PM	1: Nutrition Basics
PCTV	June 19, 2007	10:00 PM	10:30 PM	2: The Digestive System
PCTV	June 20, 2007	10:00 PM	10:30 PM	3: Carbohydrates: Simple and Complex
PCTV	June 21, 2007	10:00 PM	10:30 PM	4: Carbohydrates: Fiber
PCTV	June 22, 2007	12:00 AM	2:30 AM	1: Nutrition Basics 2: The Digestive System 3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber 5: Fats: The Lipid Family
PCTV	June 22, 2007	10:00 PM	10:30 PM	5: Fats: The Lipid Family
PCTV	June 25, 2007	10:00 PM	10:30 PM	6: Fats: Health Effects
PCTV	June 26, 2007	10:00 PM	10:30 PM	7: Protein: Form and Function
PCTV	June 27, 2007	10:00 PM	10:30 PM	8: Protein: Protein Continuum
PCTV	June 28, 2007	10:00 PM	10:30 PM	9: Metabolism
PCTV	June 29, 2007	12:00 AM	2:30 AM	6: Fats: Health Effects 7: Protein: Form and Function 8: Protein: Protein Continuum 9: Metabolism 10: Weight Control: Energy Regulation
PCTV	June 29, 2007	10:00 PM	10:30 PM	10: Weight Control: Energy Regulation
PCTV	July 2, 2007	10:00 PM	10:30 PM	11: Weight Control: Treatment and Health Effects
PCTV	July 3, 2007	10:00 PM	10:30 PM	12: Vitamins: Water Soluble
PCTV	July 4, 2007	10:00 PM	10:30 PM	13: Vitamins: Fat Soluble
PCTV	July 5, 2007	10:00 PM	10:30 PM	14: Major Minerals and Water Soluble
PCTV	July 6, 2007	12:00 AM	2:30 AM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble 13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble 15: Trace Minerals
PCTV	July 6, 2007	10:00 PM	10:30 PM	15: Trace Minerals



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PCTV	July 9, 2007	10:00 PM	10:30 PM	16: Physical Activity: Fitness Basics
PCTV	July 10, 2007	10:00 PM	10:30 PM	17: Physical Activity: Beyond Fitness
PCTV	July 11, 2007	10:00 PM	10:30 PM	18: Life Cycle: Pregnancy
PCTV	July 12, 2007	10:00 PM	10:30 PM	19: Life Cycle: Lactation and Infancy
PCTV	July 13, 2007	12:00 AM	2:30 AM	16: Physical Activity: Fitness Basics 17: Physical Activity: Beyond Fitness 18: Life Cycle: Pregnancy 19: Life Cycle: Lactation and Infancy 20: Life Cycle: Childhood and Adolescence
PCTV	July 13, 2007	10:00 PM	10:30 PM	20: Life Cycle: Childhood and Adolescence
PCTV	July 16, 2007	10:00 PM	10:30 PM	21: Life Cycle: Adulthood and Aging
PCTV	July 17, 2007	10:00 PM	10:30 PM	22: Diet and Health: Cardiovascular Disease
PCTV	July 18, 2007	10:00 PM	10:30 PM	23: Diet and Health: Cancer, Immunology and Aids
PCTV	July 19, 2007	10:00 PM	10:30 PM	24: Diet and Health: Diabetes
PCTV	July 20, 2007	12:00 AM	2:30 AM	21: Life Cycle: Adulthood and Aging 22: Diet and Health: Cardiovascular Disease 23: Diet and Health: Cancer, Immunology and Aids 24: Diet and Health: Diabetes 25: Consumer Concerns and Food Safety
PCTV	July 20, 2007	10:00 PM	10:30 PM	25: Consumer Concerns and Food Safety
PCTV	July 23, 2007	10:00 PM	10:30 PM	26: Applied Nutrition
PCTV	July 24, 2007	10:00 PM	10:30 PM	1: Nutrition Basics
PCTV	July 25, 2007	10:00 PM	10:30 PM	2: The Digestive System
PCTV	July 26, 2007	10:00 PM	10:30 PM	3: Carbohydrates: Simple and Complex
PCTV	July 27, 2007	12:00 AM	2:30 AM	26: Applied Nutrition 1: Nutrition Basics 2: The Digestive System 3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber
PCTV	July 27, 2007	10:00 PM	10:30 PM	4: Carbohydrates: Fiber



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Ch.	Date	Start Time	End Time	Program(s)
PCTV	July 30, 2007	10:00 PM	10:30 PM	1: Nutrition Basics
PCTV	July 31, 2007	10:00 PM	10:30 PM	2: The Digestive System
PCTV	August 1, 2007	10:00 PM	10:30 PM	3: Carbohydrates: Simple and Complex
PCTV	August 2, 2007	10:00 PM	10:30 PM	4: Carbohydrates: Fiber
PCTV	August 3, 2007	12:00 AM	2:30 AM	1: Nutrition Basics 2: The Digestive System 3: Carbohydrates: Simple and Complex 4: Carbohydrates: Fiber 5: Fats: The Lipid Family
PCTV	August 3, 2007	10:00 PM	10:30 PM	5: Fats: The Lipid Family
PCTV	August 6, 2007	10:00 PM	10:30 PM	6: Fats: Health Effects
PCTV	August 7, 2007	10:00 PM	10:30 PM	7: Protein: Form and Function
PCTV	August 8, 2007	10:00 PM	10:30 PM	8: Protein: Protein Continuum
PCTV	August 9, 2007	10:00 PM	10:30 PM	9: Metabolism
PCTV	August 10, 2007	12:00 AM	2:30 AM	6: Fats: Health Effects 7: Protein: Form and Function 8: Protein: Protein Continuum 9: Metabolism 10: Weight Control: Energy Regulation
PCTV	August 10, 2007	10:00 PM	10:30 PM	10: Weight Control: Energy Regulation
PCTV	August 13, 2007	10:00 PM	10:30 PM	11: Weight Control: Treatment and Health Effects
PCTV	August 14, 2007	10:00 PM	10:30 PM	12: Vitamins: Water Soluble
PCTV	August 15, 2007	10:00 PM	10:30 PM	13: Vitamins: Fat Soluble
PCTV	August 16, 2007	10:00 PM	10:30 PM	14: Major Minerals and Water Soluble
PCTV	August 17, 2007	12:00 AM	2:30 AM	11: Weight Control: Treatment and Health Effects 12: Vitamins: Water Soluble 13: Vitamins: Fat Soluble 14: Major Minerals and Water Soluble 15: Trace Minerals
PCTV	August 17, 2007	10:00 PM	10:30 PM	15: Trace Minerals