



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Dairy Foods and Nutrition							
Course Code		ST103		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	44 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of the course is to teach the importance of dairy products in nutrition and health throughout the life							
Course Content		The importance of dairy products in the diet, The nutrient and calorie content of dairy products , The beneficial effect of dairy products on health ,The importance of dairy products on nutrition and health throughout the life cycle from infancy to old age							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	1. Miller, G. D., Jarvis, J. K., McBean, L. D. (2000). Handbook Dairy Foods and Nutrition. Second Edition, National Dairy Council, CRC Press, New York, USA.
2	2. Anonymous (2001). Dairy Nutrition for a Healthy Future. Bulletin of the International Dairy Federation, N° 363, IDF ,41, Square Vergote, B-12030 Brussels, Belgium.
3	3. Anonymous (2001). Culture Containing Dairy Products in Human Nutrition and Health. Bulletin of the International Dairy Federation. N° 352, IDF ,41, Square Vergote, B-12030 Brussels, Belgium.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to nutrition and fundamental concepts
2	Theoretical	Information on the importance of dairy products on nutrition
3	Theoretical	The nutrient and calorie content of dairy products
4	Theoretical	The importance of dairy products on getting nutrients to metabolism
5	Theoretical	The effect of dairy products on bone health and osteoporosis
6	Practice	The effect of dairy products on dental health
7	Theoretical	The effect of dairy products on lactose intolerance
8	Intermediate Exam	Midterm exam
9	Theoretical	The effect of dairy products on cardiovascular health
10	Theoretical	The effect of dairy products on hypertension
11	Theoretical	The effect of dairy products on colon cancer
12	Theoretical	The importance of dairy products on the obesity
13	Theoretical	Allergy and dairy products
14	Theoretical	The effect of dairy products on health throughout life cycle (In infancy, school-age child and adolescence)
15	Theoretical	The effect of dairy products on health throughout life cycle (In adults and older adults)
16	Final Exam	Final Sınavı

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	14	0	1	14
Midterm Examination	1	0	1	1



Final Examination	1	0	1	1
Total Workload (Hours)				44
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	1. The ability to understand the importance of dairy products in nutrition
2	2. The ability to understand the importance of dairy products in health
3	3. The ability to relate between the consumption of dairy products and nutrition and health
4	4. The ability to planning the production of dairy products fortified nutritionally
5	The ability to understand the effect of milk and dairy products to methabolism activities.

Programme Outcomes (Dairy Technology)

1	Having sufficient infrastructure in basic sciences and engineering subjects and ability to use the theoretical and applied info instantly in this field.
2	Determining the modern techniques, tools and information technologies required for applications related with his field and ability to use them efficiently
3	Ability for planning, projecting, and designing, following up, analyzing and finding target-driven solutions related with his field
4	Ability to have professional ethic and awareness.
5	Ability to work, decide, express opinions orally and in written individually
6	Ability to participate team studies, taking responsibility, making leadership.
7	Ability to conceive Ataturk's principles and reforms, to communicate in Turkish and foreign language.
8	Ability to comprehend the necessity to learn for a life time, to monitor developments in science and technology and continuously renew himself.
9	Having sufficient level of information about production and quality control of milk and dairy products and also product development, increasing product quality and food security fields.
10	Ability to detect, define, solve problems related with his field and to select and apply suitable methods and modeling techniques for this purpose.
11	To be conscious about workplace applications, worker health, work security and environment subjects, to have knowledge about legal results of the engineering applications related with his subject.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P3	4	4	4	4	4
P9	5	5	5	5	5

