



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition Principles							
Course Code		GKA103		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Nutrients, nutritional deficiencies , catering , giving students basic information about the composition of foods and nutrition are essential to learn enough to use this information to implement and to enforce .							
Course Content		Macro and micro nutrients of the importance of a healthy diet , structure, properties , classification, functions, sources, daily intake recommendations, failure, and toksissite are overbought . In special cases, nutrition and food groups is the identification of nutrients involved .							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)		Prof. Okan ATAY							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Baysal, A(2009). Beslenme. Hatipoğlu Yayınları:93,12.Baskı, ANKARA
2	Nutrition Principles (Prof. Dr. Mustafa Tayar; Doç. Dr. Nimet Haşıl Korkmaz: Uzman h. Elif Özkeleş)

Week	Weekly Detailed Course Contents	
1	Theoretical	Nutrition and health -society relations , the principles of a balanced diet , insufficient and unbalanced nutrition problems
2	Theoretical	Carbohydrates: Tasks , daily carbohydrate needs , lack of taçlandırıcı other than sugar . Food forms and eating habits
3	Theoretical	Proteins tasks, daily protein needs , the lack of taçlandırıcı other than sugar . Food forms and eating habits
4	Theoretical	Lipids, fatty functions , oil demand, fatty acids, fat digestion , absorption , transportation in the blood .
5	Theoretical	Energy metabolism
6	Theoretical	Vitamins and their importance in terms of nutrition .
7	Theoretical	The importance of water and nutrition
8	Intermediate Exam	Midterm Exam
9	Theoretical	The importance of minerals and nutrition
10	Theoretical	Besinlerin hazırlanması sırasında oluşan kayıpların önlenmesi
11	Theoretical	the definition and characteristics of organizations engaged in catering , food quality control applications standardizasyonutopl organizations engaged in the definition of nutrition and features , standardizing food quality control applications
12	Theoretical	nutrition of the elderly
13	Theoretical	Nutritional Problems
14	Theoretical	Inadequate and unbalanced nutrition
15	Theoretical	Food safety



16	Final Exam	final exam
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Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	1	1	1	2
Seminar	1	1	1	2
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Explain related terms in nutrition
2	Explain the subjects of sufficient and balanced nutrition.
3	Knows the classification of nutrients.
4	Explain basic food groups.
5	Define nutrition education and prevention of food waste.

Programme Outcomes (Organic Agriculture)

1	To have university life, to use computer technology and to have skills for raising of scientific data
2	To produce according to organic agriculture rules
3	To know and apply starter to organic agriculture, and to get product certification
4	To know genetic for organic vegetable and animal species
5	To know and apply organic production principle and regulations and protection of environment
6	Understand and apply production techniques for organic vegetable and animal
7	To understand control methods for diseases and pests in organic agriculture
8	Having knowledge of quality control, preserving and marketing of organic products
9	To having knowledge equipments and methods for new agricultural technologies
10	To have knowledge of professional ethics and responsibility
11	Ability to work in team and individual
12	To communicate orally and in writing
13	To have adopt life-long learning importance and to have follow professional developments

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

	L1	L2	L3	L4	L5
P6	4	4	4	4	4
P8	4	4	4	4	4

