



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Balanced Diet							
Course Code		EU258		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	48 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To give information about the nutrient contents of foods by making the definition of nutrition and balanced nutrition. To inform students about healthy eating models, basic principles of healthy eating. to ensure healthy and balanced menu planning. to gain skills about nutrition disorders							
Course Content		Lesson; definition of a balanced diet, what the food components are and the duties of nutrients, metabolism, energy requirements, nutritional defects, diseases caused by malnutrition.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation)					
Name of Lecturer(s)		Lec. Hafize Ayla SARI							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Mehmetoğlu İ.(2007) Gıdalar ve Sağlıklı Beslenme, Nesil matbaacılık, İstanbul, s:38-60)
2	Beslenme kitabı:Prof. Dr. Ayşe Baysal

Week	Weekly Detailed Course Contents	
1	Theoretical	Adequate and balanced nutrition
2	Theoretical	carbohydrates
3	Theoretical	proteins
4	Theoretical	Fats and their importance in nutrition
5	Theoretical	Minerals
6	Theoretical	Vitamins, Water
7	Theoretical	Disease-specific healthy diet
8	Theoretical & Practice	midterm
9	Theoretical	baby feeding
10	Theoretical	child nutrition
11	Theoretical	Nutrition of the elderly
12	Theoretical	Healthy, adequate and balanced menu examples
13	Theoretical	Healthy, adequate and balanced menu examples
14	Theoretical	Disorders occurring in vitamin deficiency
15	Theoretical	Nutritional Disorders
16	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	10	0	2	20
Total Workload (Hours)				48
[Total Workload (Hours) / 25*] = ECTS				2

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	
2	Knows the duties of nutrients in our body



3	Define and use healthy nutrition models in our country and in the world
4	Adequate and balanced menu / menus plans.
5	Gains knowledge of nutritional disorders.

**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	L3
P3	2	2
P6		3
P8	2	
P9		3

