



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 (Agricultural Management)

1	To be able to comprehend the basic management, economy and agricultural management
2	To be able to acquire basic information in excessive, profitable and quality production of vegetable and animal products
3	To be able to manage production in factory, to prepare project and to keep business records
4	To be able to develop solutions in agricultural management
5	To be able to comprehend optimally preparation and marketing in agricultural foods process
6	To be able to follow professional developments and to acquire knowledge to use technological resources
7	To be able to reach the scientific data using computer and the internet
8	To be able to determine the problem about agricultural management, to analyze, to develop solutions and suggestions
9	To be able to comprehend Atatürk Principle and Revolution
10	To be able to take precautions about the problems related to first aid and occupational safety in the enterprise, to solve the problems
11	To be able to use Turkish well, to communicate orally and in writing, to have knowledge of professional ethics and responsibility

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

	L1	L2	L3	L4	L5
P2	3	3	4	4	4
P3					4
P4	3	3	4	4	
P5	4	3	4	4	4

