AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Nutrition Principles						
Course Code	KGK165		Couse Level	Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	The meaning and importance of nutrition, food components and the importance of nutrition, the nutritional status of different learning.						
Course Content	Nutrition, metabolism, nutrients, food groups, eating at different ages						
Work Placement	N/A						
Planned Learning Activities and Teaching Methods		Explanation (Presentation), Case Study					
Name of Lecturer(s)	Ins. İsmail BÖLÜK						

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Nutrition and Healthy Life Prof. Dr. Tayar & Yrd. Doç. Dr. Korkmaz

Week	Weekly Detailed Course Contents	
1	Theoretical	Nutritional status and importance (Terms and Definitions)
2	Theoretical	Metabolism
3	Theoretical	Nutritionally energy, carbohydrates, proteins, fats, vitamins, water and minerals
4	Theoretical	Oils, non-nutritious substances
5	Theoretical	Water and Minerals
6	Theoretical	Vitamins
7	Theoretical	Prebiotics, probiotic
8	Intermediate Exam	Midterm Exam
9	Theoretical	Food groups, food pyramid (meat, milk, eggs, cereals, fruits and vegetables, fats and oils)
10	Theoretical	Healthy nutrition, over nutrition and weakness
11	Theoretical	Children, youth nutrition
12	Theoretical	Food allergens, food processing and storage methods
13	Theoretical	Nutrition and sports
14	Theoretical	Nutrition of adults and the elderly
15	Theoretical	General Repetition

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1.5	2	49
Midterm Examination	1	12	1	13
Final Examination	1	12	1	13
			Total Workload (Hours)	75
			[Total Workload (Hours) / 25*] = **ECTS**	3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	To understand the importance of nutrition and the meaning of.
2	By learning to apply the components of Food Technology, Food .
3	By learning to apply the functions of Food Technology, Food.
4	Food groups and the preparation methods, learning to practice in food technology.

5	Foods storage methods, learning to practice in food technology.

Programme Outcomes *(Local Authorities)*

1	Theoretical knowledge in the field of public administration and local governments to use in working life and lifelong learning to be conscious.
2	To have the ability to use the functions of local government, public administration to adapt to contemporary approaches
3	Problems encountered in professional practice to identify, analyze and propose solutions to have the ability to bring.
4	Professional legal regulations to be equipped, and keep track of changes, use the.
5	Local and collective needs, expectations, and to have knowledge about efficient service delivery.
6	urkish political life, political orientations, political power, political culture and to have competence in matters of contemporary political ideologies.
7	Understanding of contemporary urbanism, urban planning, urban land management, housing and environmental issues and policies to be competent.
8	Decentralization, local democracy and civil society to gain competence on a case.
9	Having the necessary values in the field of professional ethics; written-verbal communication and correspondence with the field of information-communication technologies and be able to use.
10	Land use plans, zoning laws and regulations to have knowledge of subjects covered.
11	The process of globalization and the country's internal dynamics, to analyze the process of democratization.
12	The Constitution, fundamental rights and freedoms, civil servants, law and public law legislation have sufficient knowledge about professional ethics.

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

	L1	L2	L3	L4	L5
P5	2	2	2	2	2