



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition Principles							
Course Code		KGK165		Course 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
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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.
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Programme Outcomes (Food Technology)

1	To be able to remember technologies used in food sector
2	to be able to recognise food production condition and provide to food safety
3	to be able to comprehend basic processes in food production
4	to be able to apply hygien and sanitation rules in food facilities
5	to be able to remember basic chemistry, food chemistry and microbiology
6	to be able to write physical, chemical and nutritional properties of foods and to comment their effect on human health
7	to be able to memorise food quality control technics and to evaluate result of control according to food legislation
8	to be able to have knowledge of professional ethics and responsibility
9	to be able to work in team and individual
10	to be able to communicate orally and proficiency in writing
11	to be able to follow professional development that adopt of life-long learning
12	to be able to be a person who wanted for sector

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	5	5	5	5	5
P7	5	5	5	5	5
P8	5	5	5	5	5
P9	5	5	5	5	5
P10	5	5	5	5	5
P11	5	5	5	5	5
P12	5	5	5	5	5

