



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition Principles							
Course Code		AŞL107		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The goals of this lesson are personal nutrition principles, energy requirements and calculation, carbohydrates, fats, proteins, vitamins and minerals; nutrition, balanced nutrition and exercise, nutrition and health, prevention of nutritional loss.							
Course Content		Nutrients such as carbohydrates, proteins, fats, vitamins, minerals and water, and their chemical structures, classification, functions, sources and daily recommended values Excessive and malnutrition, energy balance, weight control To learn about nutrition in age groups, special conditions, diseases, allergies, obesity							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation)					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Ders kitabı, yardımcı kitaplar, süreli yayınlar
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Week	Weekly Detailed Course Contents	
1	Theoretical	The development of life and health issues as nutrition science
2	Theoretical	Food and nutrients
3	Theoretical	Adequate and balanced nutrition
4	Theoretical	Inadequate and unbalanced nutrition
5	Theoretical	Grouping of nutrients - proteins and fats
6	Theoretical	Grouping of nutrients - vitamins
7	Theoretical	Grouping of nutrients - Carbohydrate and minerals
8	Intermediate Exam	Mid-term Exam
9	Theoretical	Employee Nutrition in the Workplace
10	Theoretical	Food Additives
11	Theoretical	Nutrition in Children
12	Theoretical	Nutrition in Adults
13	Theoretical	Nutrition In The Elderly
14	Theoretical	Vegetarian Nutrition, Obesity
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	

Programme Outcomes (Cookery)

1	...
2	...
3	...
4	...
5	...

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

	L1
P1	5
P2	5
P3	5
P4	5
P5	5

