



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title	Nutrition Management								
Course Code	REM105	Course Level			First Cycle (Bachelor's Degree)				
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	It is aimed at giving information about basic concepts related with nutrition and nutritional elements; comprehending digestion, absorption, transport and metabolic processes and teaching nutritional groups.								
Course Content	In accordance with the purpose of the course, general information will be given about nutritional elements, carbohydrates, lipids, proteins, energy metabolism, water and minerals, vitamins and nutritional groups.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Demonstration, Discussion, Individual Study								
Name of Lecturer(s)									

Assessment Methods and Criteria			
Method	Quantity	Percentage (%)	
Midterm Examination	1	40	
Final Examination	1	60	

Recommended or Required Reading	
1	Bulduk, S.(2005), Beslenme İlkeleri ve Menü Planlama, Detay Yayıncılık.

Week	Weekly Detailed Course Contents & Teaching Methods	
1	Theoretical	Nutrition and Health
2	Theoretical	Metabolism and its processes
3	Theoretical	Nutritional elements
4	Theoretical	Carbohydrates, Lipids
5	Theoretical	Proteins, water and minerals
6	Theoretical	Vitamins
7	Theoretical	Nutritional groups
8	Theoretical	Nutritional groups
9	Intermediate Exam	Mid-Term Exam
10	Theoretical	Food pyramid
11	Theoretical	Reading food labels
12	Theoretical	Malnutrition
13	Theoretical	Overnutrition
14	Theoretical	Relationship between menu and nutrition.
15	Theoretical	Relationship between menu and nutrition.
16	Final Exam	Final Exam

Workload Calculation				
Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Midterm Examination	1	3	1	4
Final Examination	1	3	1	4
			Total Workload (Hours)	50
			[Total Workload (Hours) / 25*] = ECTS	2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes	
1	Identifies nutrition and nutritional elements.
2	Has information about carbohydrates, lipids, proteins, vitamins, minerals and water.



3	Recognizes digestion, absorption, transfer, metabolism and egestion.
4	Uses diet reference values, daily values for food labels and food pyramid for planning.
5	Reads food labels and comprehends the relationship between nutrition style and cancer; nutrition style and diabetes.

Programme Outcomes (Food and Beverage Management)

1	Having scientific and professional ethic values
2	To gain the ability of critical and analytical thinking
3	Having the consciousness of necessity of obtaining new abilities and life-long learning
4	To know the principle concepts related to tourism industry
5	Having the consciousness of tourism and natural, cultural and social environment relations
6	Having the knowledge of higher level of a foreign language to communicate and to follow the new researches and daily subjects at his/her own field
7	Being able to use another foreign language at middle level
8	Having the ability of doing teamwork
9	Being competent about information technologies
10	Having the ability of administrative knowledge buildup at his field
11	Being competent about the human behaviours and relations of tourism industry
12	Being able to follow the trends at his/her field
13	Being competent about the subjects of establishment procedures of an enterprise and entrepreneurship on the food and beverage management fields
14	Having the ability and knowledge about the subjects that are necessary at his occupation
15	Being able to use and having knowledge about the equipments and hardware systems used at food and beverage establishments
16	Having the ability of problem diagnosis, and to make decision toward problems at food and beverage establishments

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

	L1	L2	L3	L4	L5
P1	3	3	3	3	3
P2	1	1	1	1	1
P3	3	3	3	3	3
P4	4	4	4	4	4
P5	1	1	1	1	1
P8	2	2	2	2	2
P10	5	5	5	5	5
P11	2	2	2	2	2
P12	5	5	5	5	5
P13	2	2	2	2	2
P14	5	5	5	5	5
P15	1	1	1	1	1
P16	3	3	3	3	3

