



## 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*] = <b>ECTS</b>				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 (Food Quality Control and Analysis)**

1	Having basic knowledge about food products
2	Having knowledge for Production and hygiene in food products, preservation, microbiology, quality control and analysis
3	Having skills and discipline for working in the laboratory and using laboratory materials,
4	Developing positive attitudes about learning and knowledge and lifelong learning in the field.
5	Using the information and communication technologies at the level required by the work areas
6	Act in accordance with scientific, cultural and ethical values
7	Having sufficient consciousness about environmental protection, occupational health and safety issues.

**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	4	4	4	4	4

