



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Principles of Nutrition I							
Course Code		BDB115		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	6	Workload	150 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	2
Objectives of the Course		Teaching the importance of energy and macronutrients (carbohydrates, protein, lipids) on body function and healthy nutrition, assessment of the foods according to their energy, carbohydrate, protein and fat contents, teaching daily energy, carbohydrate, protein and fat requirements for different ages and genders, and type and amounts of foods that can provide these nutrients, application of individual dietary records and physical activity records for assessing nutritional status, developing recommendations for healthy eating.							
Course Content		The importance of carbohydrates, lipids and proteins on nutrition, the structures, definitions, classifications, functions, sources, recommended dietary allowances, and excessive intakes of these nutrients. Methods of individual dietary records and physical activity records.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Experiment, Demonstration, Discussion, Individual Study					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	20
Final Examination	1	60
Laboratory	1	20

### Recommended or Required Reading

1	Baysal, A. (2011) Beslenme (13 th edition). Ankara: Hatipoğlu Publishing.
2	Mahan, L.K., Escott-Stump, S., Raymond, J. (2011) Krause's Food & the Nutrition Care Process (13.baskı). Washington: Elsevier.
3	Türkiye'ye Özgü Beslenme Rehberi. (2004). T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü ve Hacettepe Üniversitesi Beslenme ve Diyetetik Bölümü, Ankara.
4	Berdarier, CD., Dwyer JT., Heber D. (2013). Handbook of Nutrition and Food (Ed by), Third Edition, CRC Press.
5	Wiseman G. (2002). Nutrition and Health (Ed by), First Edition, CRC Press.

Week	Weekly Detailed Course Contents	
1	Theoretical	Significance of Nutrition
	Laboratory	General principles of working in the laboratory
2	Theoretical	Carbohydrates-I
	Laboratory	Assessment of foods measures and amounts
3	Theoretical	Carbohydrates-II
	Laboratory	Classification of foods according to their carbohydrate content
4	Theoretical	Foods: sugar, starch, honey, molasses, flour, pasta, grains
	Laboratory	Applications about grains, flour, pasta, sugar, starch, honey, molasses Calculation of these applications? energy and nutrient contents
5	Theoretical	Lipids- I
	Laboratory	Classification of foods according to their lipid content



6	Theoretical	Lipids- II
	Laboratory	Applications about using different types of fats Calculation of these applications energy and nutrient contents
7	Theoretical	Usage of fats and oils
	Laboratory	Classification of foods according to their protein content
8	Intermediate Exam	Midterm Exam
9	Theoretical	Proteins
	Laboratory	Evaluation of foods in regard to their protein quality Calculation of protein quality of different menus
10	Theoretical	Protein Quality
	Laboratory	Applications about eggs Calculation of these applications? energy and nutrient contents
11	Theoretical	Foods: meat, poultry, fish, egg, legumes
	Laboratory	Evaluation of foods in regard to their energy contents
12	Theoretical	Energy metabolism and physical activity
	Laboratory	Applications about individual energy expenditure. Evaluation of different calculation methods
13	Laboratory	Laboratory Exam
14	Theoretical	Explanation of nutritional intake assessment and physical activity record
	Laboratory	Nutritional intake assessment and physical activity record
15	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	3	2	65
Laboratory	13	2	2	52
Practice Examination	1	10	1	11
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				150
[Total Workload (Hours) / 25*] = ECTS				6

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Understands the importance of energy and macro-nutrients (carbohydrates, protein, fat) on healthy eating and body function
2	Evaluates the foods according to energy, carbohydrate, protein and fat contents
3	Knows daily energy, carbohydrate, protein and fat requirements for different ages and genders and the type and amount of foods that can provide these nutrients
4	Determines the amount of daily consumption of nutrients, compares them according to the recommendations, assesses general nutritional status and dietary habits, interprets dietary patterns
5	Develops recommendations for healthy eating

### Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.



4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

**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	4	3	5	3	4
P2	3	4	5	5	4
P3	3	4	4	5	2
P4	5	5	4	4	3
P5	4	3	4	4	5
P6	4	3	4	4	3
P7	4	3	5	3	5
P8	3	5	4	3	4
P9	3	4	5	5	4
P10	4	5	5	4	5
P11	5	4	5	5	3
P12	4	3	4	3	3
P13	5	3	4	5	5
P14	3	5	3	4	4

