

AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Principles of Nutrition II							
Course Code		BDB102		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	5	Workload	120 <i>(Hours)</i>	Theory	2	Practice	0	Laboratory	2
Objectives of the Course		To evaluate the structure, property, classification, function, sources, daily allowance, deficiency, excess intake and toxicity of vitamin and minerals, to evaluate the vitamin & mineral content of foods							
Course Content		The importance dietary allowa contents of for conventional r	ce of nutrition, nces, excessi ods, preparati recipes in the	structure ve intake ons and o laboratory	es, definitions, o s and toxicity o cooking metho y, according to	classifications, of vitamins and ds and the app the nutritional	functions, sou minerals. To plications of so principles.	urces, recommer teach vitamin an me basic and	nded d mineral
Work Placement		N/A							
Planned Learning Activities		and Teaching	Methods	Explana	tion (Presenta	tion), Demonst	tration, Discus	sion	
Name of Lecturer(s)		Lec. Ayçıl ÖZ	TURAN ŞİRİN	1					

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.baskı). Ankara: Hatipoğlu Yayıncılık.
2	Mahan, L.K.,Escott-Stump, S., Raymond, J. (2011) Krause's Food & the Nutrition Care Process (13.baskı). Washington: Elseiver.
3	Türkiye'ye Özgü Beslenme Rehberi. (2015). T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü ve Hacettepe Üniversitesi Beslenme ve Diyetetik Bölümü, Ankara.
4	Szefer, P., Nriagu JO. (2007). Mineral Components in Foods, (Ed by), CRC Press.
5	Zempleni J., Rucker RB., McCormick DB., Suttie JW.(2007). Handbook of Vitamins, (Ed by), Fourth Edition, CRC Press.
6	Berdarier, CD. ,Dwyer JT., Heber D. (2013). Handbook of Nutrition and Food (Ed by), Third Edition, CRC Press.
7	Wiseman G. (2002).Nutrition and Health (Ed by), First Edition, CRC Press.

Week	Weekly Detailed Course Contents				
1	Theoretical	Water and electrolytes (Sodium, Potassium, Chlor)			
	Laboratory	General principles of working in the laboratory			
2	Theoretical	Calcium, Magnesium, Phosphor, sulphur			
	Laboratory	Practices about milk and milk products calculation of these practices energy and nutrient contents			
3	Theoretical	Iron, Copper,Iodine, Fluoride			
	Laboratory	Practices about meat- chicken and fish calculation of these practices energy and nutrient contents			
4	Theoretical	Zinc,Mangane,Chromium and others			
	Laboratory	Evaulation of foods according to their mineral content-I			
5	Theoretical	Vitamins A, D			
	Laboratory	Evaulation of foods according to their mineral content-II			
6	Theoretical	Vitamins E, K			
	Laboratory	Evaulation of foods according to their fat-soluble vitamins content			
7	Theoretical	Thiamine, Riboflavine, Niacine			
	Laboratory	Evaulation of foods according to their water-soluble vitamins content			
8	Theoretical	B6, B12,Folic acid (Quiz)			
	Laboratory	Practices about legumes calculation of these practices energy and nutrient contents			
9	Theoretical	Vitamin C and pantothenic acid			
	Laboratory	Practices about fruits and vegetables calculation of these practices energy and nutrient contents			
10	Theoretical	Other water soluble vitamins			



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11	Theoretical	Practices of menu planning
	Laboratory	Practices of menu planning
12	Theoretical	Presentation of food consumption records
	Laboratory	Practices about food processing methods
13	Laboratory	Lab practice and Exam
14	Theoretical	Presentation of food consumption records
	Laboratory	Presentation of food consumption records

Workload Calculation

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Activity	Quantity	Preparation	Duration	Total Workload			
Lecture - Theory	14	1	2	42			
Laboratory	14	1	2	42			
Quiz	5	2	0.5	12.5			
Midterm Examination	1	10	2	12			
Final Examination	1	10	2	12			
		Тс	otal Workload (Hours)	120			
	[Total Workload (Hours) / 25*] = ECTS						
*25 hour workload is apparented as 1 FOTS							

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Learn the importance of water and electrolytes in body function
2	learn the importance of vitamin and minerals in human nutrition
3	Be able to evaluate food contents of vitamin and minerals
4	Learn daily vitamin and mineral requirements and food sources and amounts according to gender & ages and to interpret the dietary patterns of these groups.
5	To learn the factors that affect menu planning and develop skills in planning healthy menus
6	Learn the importance and methods of food processing and storage.

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.



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	L6
P1	2	4	3	5	3	4
P2	3	3	4	3	5	4
P3	3	3	5	5	4	3
P4	3	3	4	4	5	5
P5	2	4	3	5	4	3
P6	3	4	4	3	3	4
P7	2	3	5	5	5	5
P8	3	4	4	4	4	4
P9	4	5	5	2	3	3
P10	2	3	3	3	5	3
P11	2	3	5	5	5	5
P12	3	2	4	4	3	2
P13	2	3	4	3	3	4
P14	3	5	3	3	4	4

