



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition in Workers							
Course Code		BDB116		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Gain knowledge about nutrition in workers (who has a role in the economics and productivity of country) health and work safety ,Understanding of the role of nutrition in work performances, energy and nutrient intake of workers							
Course Content		Occupational health and safety, energy and nutrient needs in accordance with occupation groups, application of nutrition principles at work and out of work, principles of menu preparation in accordance with occupation.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Centers for disease control and prevention, work place health model, http://www.cdc.gov/workplacehealthpromotion/model/index.html (16.07.2012)
2	Baysal, A. (2011) Beslenme (13.baskı). Ankara: Hatipoğlu Yayıncılık.
3	Beyhan Y. (2008). Beslenme Bilgi serisi (A16) T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü ve Hacettepe Üniversitesi Beslenme ve Diyetetik Bölümü, Ankara.
4	Wanjek C. Food at work: Workplace solutions for malnutrition, obesity and chronic diseases. Geneva, ILO, 2005.
5	İşyeri Hekimliği Ders Notları, Türk tabipler Birliği Yayınları, 8. Basım, Ankara, 2004.

Week	Weekly Detailed Course Contents	
1	Theoretical	Occupational health and safety
2	Theoretical	The importance of worker nutrition, Healthy eating at work
3	Theoretical	Productivity and nutrition
4	Theoretical	The effects of different occupations on nutrition, occupational diseases and nutrition
5	Theoretical	Energy and macronutrient requirements according to occupation
6	Theoretical	Micronutrient requirements according to occupation
7	Theoretical	Oxidant stress and health effects
8	Intermediate Exam	Midterm Exam
9	Theoretical	Problems at worker nutrition
10	Theoretical	Risk groups and nutrition at work; taking precautions for adequate and balanced nutrition
11	Theoretical	Principles of menu planning according to occupation
12	Theoretical	Nutrition practices at work and out of work
13	Theoretical	Project presentation



14	Theoretical	Project presentation
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	4	2	78
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Understand the importance of the nutrition of workers
2	Know the energy and nutrient needs in accordance with the jobs of each individual
3	Gain knowledge about nutrient principals and applications at work and out of work
4	Know the problems that may be faced in worker's nutrition
5	Make menu planning in accordance with the specifications of differed job groups
6	Understand the role of nutrition in work effectiveness

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	L6
P1	3	2	4	3	3	3



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

