



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Menu Planning For Special Groups							
Course Code		BDB329		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		To be gained knowledge and skills in menu management and control, able to plan menu for special groups and institutions according to their nutritional needs.							
Course Content		Importance and benefits of menu planning, Factors to consider in menu planning, menu planning stages and the principles of menu planning, Principles of menu planning in preschool aged children, Principles of menu planning in school aged children, Menu planning for kindergarten, school and the evaluation of the menus, Principles of menu planning for elderly people lives in nursing home, Principles of menu planning for workers, Menu planning for nursery homes and for workers and the evaluation of the menus, Principles of menu planning for athletes, Principles of menu planning for vegetarian people and principles for people have different nutrition habits, Menu planning for athletes, vegetarians and evaluation of the menus, Principles of diet menu planning and menu planning for hospitals							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Individual Study					
Name of Lecturer(s)									

Prerequisites & Co-requisites

ECTS Requisite	120
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Assessment Methods and Criteria

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

Recommended or Required Reading

1	Beyhan Y, Ciğerim N, Toplu Beslenme Sistemlerinde Menü Yönetimi ve Denetimi, Kök Yayıncılık, Ankara,1995.
2	Paul J. McVety,Bradley J. Ware,Claudette Lévesque Ware, Fundamentals of Menu Planning, John&Wiley Sons, New Jersey, 2009.
3	Lisa Gordon-Davis, Hospitality Industry Handbook on Nutrition and Menu Planning, 2002

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition and importance of mass catering, importance of menu planning in adequate and balanced nutrition, menu types
2	Theoretical	Factors to consider in menu planning
3	Theoretical	Step by step menu planning and the principles of menu planning
4	Theoretical	Principles of menu planning in preschool aged children
5	Theoretical	Principles of menu planning in school aged children
6	Theoretical	Menu planning for kindergarten, school and the evaluation of the menus
7	Theoretical	Principles of menu planning for elderly people lives in nursing home
8	Intermediate Exam	Midterm Exam
9	Theoretical	Principles of menu planning for workers
10	Theoretical	Menu planning for nursery homes and for workers and the evaluation of the menus
11	Theoretical	Principles of menu planning for athletes



12	Theoretical	Principles of menu planning for vegetarian people and principles for people have different nutrition habits
13	Theoretical	Menu planning for athletes, vegetarians and evaluation of the menus
14	Theoretical	Principles of diet menu planning and menu planning for hospitals
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	Comprehend importance of menu planning in adequate and balanced nutrition,
2	Know factors to consider in menu planning
3	Know menu planning stages
4	Know menu types, menu planning requirements
5	Gain skills about menu planning for special groups
6	Evaluation of menu performance

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	3	3	3	3
P2	2	2	3	3	3	3
P3	4	3	2	4	2	4
P4	2	3	3	2	3	2
P5	2	3	3	2	2	3
P6	2	2	2	2	4	2
P7	3	1	4	3	2	4
P8	2	2	2	2	3	2
P9	5	5	3	4	2	3
P10	2	2	2	2	4	3
P11	2	3	4	3	3	3
P12	3	2	2	2	2	2
P13	2	2	3	4	3	2
P14	4	2	4	2	3	3

