



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Maternal and Child Nutrition							
Course Code		CGB204		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	81 (<i>Hours</i>)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The objective of the course is to evaluate the principles of nutrition in pregnancy and lactation,infant and childhood periods.							
Course Content		Physiological and metabolic changes, energy and nutrient (macro and micronutrient), needs in pregnancy and lactation periods, physiological and metabolic changes, energy and nutrient (macro and micronutrient) needs in infants, nutrition and mental development, human milk, infant formulas, complementary nutrition, physiological and metabolic changes, energy and nutrient (macro and micronutrient) needs in toddler (0-3 years).Physiological and metabolic changes, energy and nutrient (macro and micronutrient) needs in preschool children (3-6 years). Nutrient deficiencies, nutrient supplementation, nutrition related disorders (obesity, malnutrition, anemia, food allergy etc.), energy and nutrient needs in school age and adolescent ,							
Work Placement		no							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	30
Final Examination	1	55
Attending Lectures	1	15

Recommended or Required Reading

1	Nevin ŞANLIER (ed) (2017). Mother Child Health and Nutrition
2	Neyzi O, Ertuğrul T (ed.) Pediatri Cilt1, 3.baskı, Nobel Tıp Kitabevi, İstanbul, 2002
3	Karaağaoğlu N, Samur G. Mother and Child Nutrition. Pegem Academy, September 2011, Ankara
4	Essentials of Life Cycle Nutrition (Eds: Sharlin J, Edelstein S), Jones and Barletts Publishers, 2011, USA.
5	Modern nutrition in health and disease (Eds: Shils m, Shike M, Ross c, et al) Lippincott Williams & Wilkins, 2006.

Week	Weekly Detailed Course Contents	
1	Theoretical	Food guidances for infant and children in World and Türkiye
2	Theoretical	Nutrition in pregnancy and lactation
3	Theoretical	Normal infant nutrition
4	Theoretical	Energy, macronutrient and micronutrient requirements of infants
5	Theoretical	Breastfeeding, human milk, Complementary feeding,
6	Theoretical	Nutrition for toddler through preschool aged children
7	Intermediate Exam	Midterm Exam
8	Theoretical	Nutrition for preschool aged children
9	Theoretical	Nutrient requirements of children (1-5 years)
10	Theoretical	School Children Nutrition
11	Theoretical	Adolescent nutrition
12	Theoretical	Planning children's meals
13	Theoretical	Nutrition Problems in Children
14	Theoretical	Nutrition for Children with Special Needs

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	3	56
Midterm Examination	1	8	1	9



Final Examination	1	15	1	16
Total Workload (Hours)				81
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Learn about nutrition programs and practices related to infant and preschool in Turkey and in the world and develop recommendations.
2	Learn about nutrition during pregnancy and lactation
3	Learn the relationship between growth and development and nutrition in infants and children and the importance of infant nutrition.
4	Learn the problems related to nutrition in infancy and childhood and develop solutions.
5	Learn about the importance and sources of energy and macro nutrients and micronutrients in this period.
6	Learn and calculate nutrient and nutrient requirements in infants and children.
7	Learns and educates the subjects that need to be considered in nutrition education for these groups.

Programme Outcomes (Child Development)

1	Comparatively evaluate and interpret the reliability and validity of the knowledge he / she has by using the basic and updated theoretical and practical educational and training tools and resources in the field of child development.
2	In line with the theoretical and practical knowledge he has acquired in the field of child development, he has the skills to evaluate children who show typical and atypical development with different methods and tools, develop support programs, provide family counseling and inform the society.
3	Uses his/her knowledge about self-care, physical-motor, cognitive-language, social-emotional development of 0-18 year old children for the developmental and educational diagnosis of children, in the units related to his/her profession for the benefit of children, families and society.
4	Analyzes the problems of their children and their families in terms of health, development, education and social service in the country and produces appropriate solutions and original ideas by using evidence-based knowledge on these problems.
5	Using the basic knowledge in the field of child development, he produces individual and group studies
6	He plans and implements research, professional projects and activities for the social environment in which it lives with the awareness of social responsibility, and monitors and evaluates the process.
7	Acts in accordance with the ethics of science, observes the psychological state of the children and their families in experimental researches on children.
8	Behaves in accordance with laws, regulations and legislation and respectful of democracy, human rights, social, scientific and professional ethical values, presenting an example for the society with his/her attitude, behavior and appearance.
9	Has adequate awareness about quality management and processes, individual and environmental protection and occupational safety issues including infants, children and families, participates and behaves accordingly in these processes.
10	He can integrate her professional knowledge with knowledge from different disciplines, he takes responsibility in multidisciplinary, interdisciplinary and transdisciplinary studies by participating in teamwork and fulfills his duties effectively.
11	Developing the habit of keeping research and learning awareness and knowledge up-to-date throughout life, he knows all the concepts related to development and education for children and young people aged 0-18 and follows the studies on this subject with a critical approach.
12	Using information and communication technologies together with the computer software required by the field.
13	To follow the changes and developments in the field using at least one foreign language.

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	L7
P1	3	3	3	3	3	3	3
P3	4	4	4	4	4	4	4
P4	4	4	4	4	4	4	4
P6	4	4	4	4	4		4
P7	3	3	3	3	3	3	3
P8	3	3	3	3	3	3	3
P11	4	4	4	4	4	4	4

