



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Principles of Nutrition							
Course Code		VBH560		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	1	Practice	0	Laboratory	0
Objectives of the Course		Requirements for a healthy and balanced nutrition for the society, to indicate particularly the role and significance of animal foods.							
Course Content		Healthy and balanced nutrition, animal foods and the importance of nutrition, diseases caused by nutritional disorders							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion					
Name of Lecturer(s)		Lec. Cemil ŞAHİNER							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	Arslan P., Baysal A., Beslenme. 2001., Ankara.
2	Baysal A., Beslenme, 2009.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction
2	Theoretical	Nutrition definitions and functions of nutrition
3	Theoretical	Healthy and balanced nutrition principles
4	Theoretical	Nutrition and health - society relationship
5	Theoretical	Proteins, carbohydrates, lipids
6	Theoretical	Vitamins
7	Theoretical	Water and minerals
8	Intermediate Exam	Midterm exam
9	Theoretical	Food groups I
10	Theoretical	Food groups II
11	Theoretical	The importance of animal foods in nutrition
12	Theoretical	Evaluation of body weight, physical activity and health
13	Theoretical	Sugar and salt in nutrition
14	Theoretical	Negative effects of alcohol and smoking on nutrition
15	Theoretical	Nutritional health problems
16	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Reading	14	0	1	14
Midterm Examination	1	15	1	16
Final Examination	1	30	1	31
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Learning of the importance and nutritious value and composition of animal foods
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2	Learning the principles of healthy and balanced nutrition
3	Learning the relationship between nutrition and health - society
4	Learning nutrients
5	To Specify diseases due to nutritional deficiencies and disorders
6	Learning food groups

**Programme Outcomes** (*Food Hygiene and Technology (Veterinary Medicine) Master*)

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**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
P2	5	4	3	3		3
P3	5	4				
P4	5	4	3		3	
P5	5		3	3	3	4
P6	5		3	3	3	4
P7		4	3		5	3
P8		5	4		3	3
P9		5	4		3	3
P10		5	4		3	3

