



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Nutruton and Eating							
Course Code		VBH629		Couese Level		Third Cycle (Doctorate Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	1	Practice	0	Laboratory	0
Objectives of the Course		To convey the principles of healthy and balanced nutrition and the importance and place of animal foods in healthy nutrition.							
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)									

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	Diet and Nutrition Component
3	Theoretical	Functions of nutrients, the importance of nutrition and basal metabolism
4	Theoretical	importance of animal origin foods in nutrition
5	Theoretical	proteins and their functions
6	Theoretical	Carbohydrates tasks and daily need quantities
7	Theoretical	Healthy eating and eating habits
8	Intermediate Exam	Midterm
9	Theoretical	Importance of vitamins and minerals in nutrition
10	Theoretical	Fats and their importance in nutrition
11	Theoretical	The relationship between health and society, nutrition principles
12	Theoretical	HACCP applications in bulk feeding systems
13	Theoretical	Hygiene and sanitation in the kitchen
14	Theoretical	Food preparation and prevention of food losses
15	Theoretical	Discussion

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	42
Assignment	10	2	1	30
Midterm Examination	1	11	1	12
Final Examination	1	15	1	16
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Importance of animal foods in nutrition
2	Determination of nutrition principles and techniques



3	Determining individual balanced and adequate nutrition principles
4	To determine hygiene and sanitation practices in the kitchen
5	To Specify diseases due to nutritional deficiencies and disorders
6	Determination of hygiene in mass feeding systems

Programme Outcomes (Food Hygiene and Technology (Veterinary Medicine) Doctorate)

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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
P1	4	4	4	4	4	4
P2	5	5	5	5	5	5
P3	4	4	4	4	4	4
P4	4	4	4	4	4	4
P8	4	4	4	4	4	4
P10	5	5	5	5	5	5
P13	4	4	4	4	4	4

