AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Nutrition and Health								
Course Code	EFS153		Couse Level	First Cycle (Bachelor's Degree)					
ECTS Credit	3	Workload	75 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	To know the importance of nutrition, To know what to do for a healthy diet, To know about nutrition insufficiency and problemds and choosing proper food for nutrituon								
Course Content	Natural and healthy nutrition; fight against obesity; food additives; healthy living and exercise; Growth and development; healthy sex life; combating addiction (tobacco, alcohol, drug addiction, etc.); traffic, disaster and first aid. Basic nutritional elements and their function, planning of the nutrition, preparing foods and health rules, relation between growth and nutrition, nutrition of the adolescent, nutrition of the special condition (diabetic, asthmatic, nephrologic and cardiac problems, nutritional disorders.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Case Study								
Name of Lecturer(s)	Prof. Hatice ÖZENOĞLU								

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	64

Recommended or Required Reading	
1	Şanlıer, N. ve Ersoy, Y. 2001; Çocuk ve Beslenme, Anı yayıncılık, Ankara.
2	AOF, 1998; Anne-Çocuk Sağlığı ve Beslenmesi-Açıköğretim Yayınları.
3	Kutluay Merdol, T., Beslenme Eğitimi Rehberi, Hatiboğlu Yayınları.

Week	Weekly Detailed Course Contents	
1	Theoretical	Course contents and definition
2	Theoretical	Basic concepts of nutrition and the importance
3	Theoretical	Nutritients and their functions
4	Theoretical	Nutritients and their functions
5	Theoretical	Issues of health and hygen in preparing food
6	Theoretical	Growth and development and methods for monitoring growth and development
7	Theoretical	Growth and development periods and nutrition relation
8	Intermediate Exam	Intermediate Exam
9	Theoretical	Nutrition of adolescent
10	Theoretical	Health problems due to insufficient and unbalanced nutrition
11	Theoretical	Fighting with obesity
12	Theoretical	Healthy lifestyle and exercise
13	Theoretical	Combating addiction (tobacco, alcohol, substance abuse, etc.)
14	Theoretical	Healthy sex life
15	Theoretical	Traffic, disaster and first aid
16	Final Exam	FINAL EXAM

Workload Calculation				
Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	12	0	2	24
Reading	9	0	1	9
Midterm Examination	1	0	6	6

Final Examination	1	0	8	8
			Total Workload (Hours)	75
			[Total Workload (Hours) / 25*] = **ECTS**	3
**25 hour workload is accepted as 1 ECTS*				

Learning Outcomes	
1	Know the basic concepts about pre school nourishing
2	Select proper food for pre school children
3	Prepare a diet plan
4	Explain diseases about food and nutrition
5	Follow news on health

Programme Outcomes *(Social Studies Teacher Education)*	
1	To be able to gain subject knowledge of profession in theory and practice in the learning process.
2	To be able to make plans related to the subject-matter and gain the competence of using the appropriate approach, strategy, technique for the plans in the learning process.
3	To be able to gain skills of the teaching profession in the learning process.
4	To be able to implement teaching profession knowledge, skills, attitudes and habits related to the subject-matter in a real teaching and learning environment in the learning process.
5	To be able to comprehend contemporary approaches of education and the philosophies they are based on.
6	To be able to gain the basic skills such as comprehending, expressing, commenting, evaluating, being aware and enterprising, communicating, acknowledging the individual related to the subject-matter.
7	To be able to become individuals faithful to the Principles and Revolutions of Ataturk, be modern democratic, secular, protecting and deveoping one's country, being alive to the nation, respecting human rights, preserving the nature, not being discriminatory, giving importance to the traditions and customs, protecting the values
8	To be able to improve oneself in terms of sport, art and culture.
9	To be able to become individuals believing in lifelong learning.
10	To be able to educate individuals who keep up with developments in social, economic, technological and scientific areas, who investigate the main reasons of World problems and try to contribute to the solution of these problems.

Contribution of Learning Outcomes to Programme Outcomes *1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High*

	L1	L2	L3	L4	L5
P1		4			
P2		4			
P3		4			
P4					4
P5			4		4
P6	4		4		
P7	4			4	
P8				4	
P10		4			