



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition Education in Preschool Period							
Course Code		OÖÖ428		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	70 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		During the course it is aimed to have knowledge on the importance of nutrition education and to prepare appropriate nutrition education activities is intended.							
Course Content		Basic concepts related to nutrition, nutrition during preschool period, nutrition education, nutrition education during preschool period, best practices in nutrition education, nutrition education activities.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Şanlıer, N.; Ersoy, Y. (2003) Çocuk ve Beslenme, Anı yayıncılık, Ankara.
2	Contento, I.R. (2011) Nutrition Education: Linking Research, Theory and Practice, Second Edition, U.S.A: Jones & Bartlett
3	Ever, C. L. (2006) How to Teach Nutrition to Kids, Third Edition, U.S.A: 24 Carrot Press.
4	Nutgecs (2012) A Nutrition Guide for Early Childhood Active Stakeholders. www.nutgecs. eu
5	Merdol, T.K. (1990) Okul Öncesi Dönem Eğitim Veren Kişi ve Kurumlar için Beslenme Eğitimi Rehberi, İstanbul: Özgür Yayınları
6	Osmanoğlu, N. (2011) Anne ve Çocuk Beslenmesi, Ankara: Vize Basın Yayın

Week	Weekly Detailed Course Contents	
1	Theoretical	Basic concepts related to nutrition
2	Theoretical	Nutrition in preschool
3	Theoretical	What is the nutrition education?
4	Theoretical	Preparation and implementation of nutrition education in preschool
5	Theoretical	Analysing best practices nutrition education
6	Theoretical	Analysing best practices nutrition education
7	Theoretical	Investigation of nutrition education activities for preschool children
8	Intermediate Exam	Intermediate exam
9	Theoretical	Planning nutrition education activities for preschool children.
10	Theoretical	Planning nutrition education activities for preschool children.
11	Theoretical	Planning nutrition education activities for preschool children.
12	Theoretical	Presentation of nutrition education activities for preschool children.
13	Theoretical	Presentation of nutrition education activities for preschool children.
14	Theoretical	Presentation of nutrition education activities for preschool children.
15	Theoretical	Presentation of nutrition education activities for preschool children.
16	Final Exam	FINAL EXAM

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	3	42
Assignment	5	0	1	5
Individual Work	3	0	3	9
Midterm Examination	1	0	7	7



Final Examination	1	0	7	7
Total Workload (Hours)				70
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Knowledge of basic concepts about nutrition
2	Knowledge of nutrition during preschool
3	Knowledge of nutrition education.
4	Knowledge of nutrition education in preschool.
5	Knowledge of best practices in nutrition education in preschool
6	Planning nutrition education activities for preschool children

Programme Outcomes (Early Childhood 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 gain the competence of using the appropriate approach, strategy, technique for the plans in the learning process, by making instructional plans related to the subject-matter.
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	L6
P1	5	5	5	5	5	5
P2	3	3	3	5	5	5
P3	3	3	3	5	5	5
P4	3	3	3	5	5	5
P5	3	5	3	5	5	5
P6	5	5	5	5	5	5
P7	3	3	3	3	3	3
P8	3	3	3	3	3	3
P9	3	3	5	5	3	3
P10	3	3	3	5	3	3

