



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

| | | | | | | | | | |
|--|---|--|------------|--|---|---------------------------------|---|------------|---|
| Course Title | | Nutrition and Health | | | | | | | |
| Course Code | | EFS153 | | Course 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 problems and choosing proper food for nutrition | | | | | | | |
| 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

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|---|---|
| 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 | Nutrients and their functions |
| 4 | Theoretical | Nutrients 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 (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 |
|-----|----|----|----|----|----|
| P1 | 2 | 2 | 2 | 2 | 2 |
| P2 | 2 | 2 | 2 | 2 | 2 |
| P3 | 2 | 2 | 2 | 2 | 2 |
| P4 | 2 | 2 | 2 | 2 | 2 |
| P5 | 3 | 2 | 2 | 2 | 2 |
| P6 | 1 | 1 | 1 | 1 | 1 |
| P7 | 1 | 1 | 1 | 1 | 1 |
| P8 | 1 | 1 | 1 | 1 | 1 |
| P9 | 4 | 4 | 4 | 4 | 4 |
| P10 | 1 | 1 | 1 | 1 | 1 |

