NUTRITIONAL PRINCIPLES AND APPLICATION I

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
NUTRITIONAL PRINCIPLES AND APPLICATION I	BDB103	1.Autumn	2	0	2	5
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Lecture, Question-answer, Display, Application					
Instructor(s)	Prof. Nurten BUDAK					
Goal	It is the importance of energy and macro nutrition (carbohydrate, protein, fat) in healthy nutrition and body work, improving nutrients energy, carbohydrate, protein and fat contents, daily needs according to different age and sex, individual food consumption records and physical activity recording methods.					
Learning Outcomes	1. To be able to understand the importance of energy and macro nutrition (carbohydrate, protein, fat) in healthy nutrition and body work. 2. To be able to compare and evaluate nutrients in terms of energy, carbohydrate, protein and fat contents 3. To be able to know the daily energy, carbohydrate, protein and fat requirements according to different age and sex, and the type and amount of nutrients they can be provided 4. To be able to apply individual food consumption records and physical activity recording methods in determining nutritional status 5. To be able to determine the daily consumption quantities of foodstuffs and make comparison according to the recommendations, general nutritional status, to evaluate nutritional habits, to interpret diet pattern 6. To be able to develop nutritional and nutritional recommendations for healthy nutrition					
References	1. Baysal, A (2011). Beslenme (13 th edition). Ankara: Hatipoğlu Publishing 2. Mahan, L.K, Escott-Stump, S, Raymond, J. (2011) Krause's Food & the Nutrition Care Process (13 th edition). Washington: Elseiver. 3. Türkiye'ye Özgü Beslenme Rehberi. (2004). T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü ve Hacettepe Üniversitesi Beslenme ve Diyetetik Bölümü, Ankara. 4. Berdanier C.D, Johanna T, Dwyer, J, Feldman E.B. (2007) Handbook of Nutrition and Food (2th edition). CRC Press					

Course Outline Weekly:

WEEKS	TOPİCS
1. Week	An overview of nutrition and nutrition General working principles in the laboratory
2. Week	Food and food groups -Egg -Grains -Oils and sugars Determination of quantities and quantities of foods
3. Week	Energy metabolism Practice of energy expenditure of individual - Evaluation of different calculation methods
4. Week	Carbohydrates
5. Week	Carbohydrates
6. Week	Carbohydrates Laboratory applications on cereals and sugar types Calculation of energy and nutrient content of applications
7. Week	Proteins
8. Week	**MIDTERM EXAM**
9. Week	Proteins
10. Week	Proteins Evaluation of food quality in terms of protein quality - Calculation of protein quality of different men Laboratory practices on eggs and cereals Calculation of energy and nutrient content of applications
11. Week	Oils
12. Week	Oils
13. Week	Oils Laboratory applications on different types of oils Calculation of energy and nutrient content of applications
14. Week	Identification of individual food consumption practices Practices for assessing the level of individual physical activity
15. Week	Identification of individual food consumption practices Practices for assessing the level of individual physical activity

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	2	28
Laboratory	14	2	28
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	4	56
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	3	3
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	4	4
Final Exam Preparation Time	1	6	6
Total Work Load (hour) / 25(s)	125 / 25=3		
ECTS	**5**		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%20
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's	1	%30
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		50
Final works		
Final	1	%50
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		100
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
Total		100

The relationship between learning outcomes and the program qualifications of the courses

Program Qualifications	Learning outcomes					
	L.O.1	L.O. 2	L.O.3	L.O.4	L.O.5	L.O.6
1. To acquire information in the basic and social sciences as the Dietitian as he profession entails and make use of it for life.	2	2	2	2	2	2
2. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.						
3. To improve and develop the food and nutrition plans and policy for the development of individuals with the energy and nutrient element requirements with scientific method detection, health protection	4	4	4	4	4	4
4. To determine and evaluate individual, the community and the patient's nutritional status by applying up-to-date information gained in the field of nutrition and dietetics. She/he can use the knowledge to raise the level of community health and the quality of life.	3	3	3	3	3	3
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.						
6. The student can understand the basic values and culture of the society he/she is living in and gain the skill to transform him/herself in a positive way						
7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations						
8. The student embraces the concepts with regard to biological systems that form the basis of human health, Anatomy, Physiology, and the sustainability of them.						
9. The student can participate in Nutrition and Dietetics practices individually and/or within a team, use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods						
10. Dietitian has knowledge to develop food and nutrition plans and policies for protection of health, in order to improvement and development by using methods for determining the nutritional status.	3	3	3	3	4	4

Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent