Nutritional Principles and Application II

Nutritional Principles and Application II	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
	BDB104	2.Semester/spring	2	0	2	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Expression, Question-answer, Display, Application					
Instructor(s)	Prof. Dr. Nurten BUDAK					
Goal	The structure, properties, classification, functions, sources, recommendation of daily intake, inadequacy, excessive intake and toxicity of vitamins and minerals and vitamin-mineral content of nutrients.					
Learning Outcomes	1. 1. Learns the importance of water and electrolytes in body work. 2. 2. Learn the importance of vitamins and minerals in human nutrition. 3. 3. Learn the factors affecting menu planning and improve menu planning skill. 4. 4. Apply and learn the importance and methods of food processing-preservation. 5. 5. Learn how to prepare, cook and store nutrients to prevent loss of vitamins and minerals. 6. 6. Compares nutrients in terms of energy, carbohydrate, protein, fat, vitamin and mineral contents. 7. 7. Develops healthy nutrition recommendations for individuals at different ages and special circumstances.					
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. Ministry of Health General Directorate of Primary Health Care Services and Hacettepe University Department of Nutrition and Dietetics, 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	Water and electrolytes
2. Week	Food and food groups -Milk and milk products -Et, chicken and fish -Clubs, oil seeds Sodium and potassium Sodium, Potassium, Chlorine, Calcium, Magnesium, Phosphorus, Sulfur, Iron, Copper, Iodine, Flor, Zinc, Manganese, Chrome and others

3. Week	Sodium, Potassium, Chlorine, Calcium, Magnesium, Phosphorus, Sulfur, Iron, Copper, Iodine, Flor, Zinc, Manganese, Milk and dairy products, laboratory practices Calculation of energy and nutrient content of applications
4. Week	Sodium, Potassium, Chlorine, Calcium, Magnesium, Phosphorus, Sulfur, Iron, Copper, Iodine, Flor, Zinc, Manganese, Chrome and others Laboratory practices on meat, chicken and fish Calculation of energy and nutrient content of applications
5. Week	Sodium, Potassium, Chlorine, Calcium, Magnesium, Phosphorus, Sulfur, Iron, Copper, Iodine, Flor, Zinc, Manganese, Chrome and others
6. Week	Vitamins A, D, E, K, Tiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Folic acid, Vitamin C and other vitamins Laboratory applications for seedlings, oilseeds Calculation of energy and nutrient content of applications
7. Week	Vitamins A, D, E, K, Tiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Folic acid, Vitamin C and other vitamins Laboratory applications on vegetables and fruits Calculation of energy and nutrient content of applications
8. Week	**MIDTERM EXAM**
9. Week	Comparative evaluation of water, mineral and vitamin contents and contents of foods
10. Week	Menu planning principles and applications
11. Week	Calculation of energy and nutrient content of schedules Laboratory practices on food preservation and processing methods
12. Week	Feeding of special groups -Green-feeding of lactating women -0-1 Age Child Feeding Pre-School Child Feeding -School Child Feeding -Adoreal feeding -Friendly feeding -Sporter Feeding - Worker Feeding
13. Week	Feeding of special groups -Green-feeding of lactating women -0-1 Age Child Feeding Pre-School Child Feeding -School Child Feeding -Adoreal feeding -Friendly feeding -Sporter Feeding - Worker Feeding
14. Week	FINAL

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	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	6	6
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)	100 / 25=4		
ECTS	**4**		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%20
Quiz		
Laboratory	1	%30
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		50
Final works		
Final	1	%100
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		50
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	L.O.7
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
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
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	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	4

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