

COURSE NAME

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Mother and Child Nutrition	BDB214	4th Semester/Spring Term	3	0	0	2
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Expression, Question & Answer, Display, Practice - Drill, Literature search, Project / Field Study					
Instructor(s)	Lecturer Funda Esin FAKILI					
Goal	It explains the importance of healthy mother and child feeding, nutrition-related interactions of physiological, metabolic and endocrine changes during pregnancy and lactation, physiological and metabolic changes in infancy, pre-school age and adolescent period, nutritional interactions, energy and nutritional requirements.					
Learning Outcomes	1. Gain information about nutritional needs of pregnant and nursing women, newborn, infant, pre-school, school children and adolescents 2. To be able to learn the importance and sources of energy and macro nutrients and micronutrients in mother's feeding 3. Learn the problems related to nutrition in these periods and develop solution suggestions 4. Acquire fetal origins of adult period diseases; to be able to learn the effects of fetal and neonatal nutrition on diseases that may develop in later life 5. Being able to learn and develop nutritional programs and practices related to pregnant-nursing, child and adolescent periods in Turkey and the world 6. To be able to learn and train the subjects that should be considered in nutrition education for these groups 7. Be able to explain the importance and effect of maternal smoking in healthy nutrition in various dimensions 8. Being able to teach supplementary foods at appropriate time and amount 9. Be able to learn the properties and usage areas of baby formulas					
References	1. Baysale (2001). Nutrition. Hatiboglu Publishing House. Ankara. 2. Köksal G, Gökmen H (2000). Nutritional Therapy in Pediatric Diseases. Hatiboglu publishing house.					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	The importance of mother and child feeding in the world and in Turkey
2. Week	Nutrition in pre-pregnancy period
3. Week	Nutrition and fertility

4. Week	Nutrition in pre-pregnancy period
5. Week	Pregnancy preparation
6. Week	Physiological changes in pregnancy and lactation and nutritional requirements
7. Week	Problems in pregnancy (gestational diabetes, preeclampsia, eclampsia, etc.)
8. Week	MIDTERM EXAM
9. Week	0-1 year old baby feeding
10. Week	Breastmilk, complementary nutrition and infant formulas
11. Week	The characteristics of children 1-3 years of age (play child) and children 3-5 years of age (preschool / nursery), energy and nutrition requirements
12. Week	6-12 age group (school age) characteristics, energy and nutrient requirements
13. Week	Adolescent characteristics, energy and nutrient requirements
14. Week	Nutrition problems of children and adolescents, solution recommendation and diet therapy
15. Week	Nutrition problems of children and adolescents, solution recommendation and diet therapy

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	3	42
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)			
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	3	3
Final Exam Preparation Time	1	5	5
Total Work Load (hour) / 25(s)			50/25=2
ECTS			2

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%50
Quiz		
Laboratory		
Practice	1	%50

Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		100
Final works		
Final	1	%100
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

<p>the basis of human health, Anatomy, Physiology, and the sustainability of them.</p>								
<p>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</p>	4	4	4	4	4	4	4	4
<p>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.</p>	4	4	4	4	4	4	4	4

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