

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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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

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.			5	5	5	5	5		
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.			4	4	4	4			
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	1	1	1	1	1	1	1	1	1
7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations	3		3	3			3	3	3
8. The student embraces the concepts with regard to biological systems that form									

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