

## HEALTHY FOOD CHOICE

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
HEALTHY FOOD CHOICE	BES432	8. Spring	1	0	0	1
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
Learning and Teaching Techniques of The Course	Lecture Discussion					
Instructor(s)	Lecturer Nezihe OTAY LÜLE Research Asistant Saadet ÖZEN					
Goal	To teach factors affecting healthy food choice (physical, economic, psychological and biological determinants) and food behaviour models that direct people to make healthy food choices.					
Learning Outcomes	<ol style="list-style-type: none"> <li>1. To be able to learn influence of hunger, taste and appetite mechanism on food choice, and understand the interaction between mechanisms,</li> <li>2. To be able to learn economic determinants of food choice</li> <li>3. To be able to learn psychological determinants of food choice,</li> <li>4. To be able to learn physical determinants of food choice,</li> <li>5. To be able to know about the food behavior models and models for changing food choice behavior and able to interpret the models</li> <li>6. To be able to learn factors affecting purchasing behavior of consumers and nutrient profiles,</li> <li>7. To be able to learn and interpret food choices in childhood, obesity and eating disorders</li> </ol>					
References	<ol style="list-style-type: none"> <li>1. Victor R. Preedy, Ronald Ross Watson and Colin R. Martin, 2010. Handbook of Behavior Food and Nutrition. Springer, Electronic Book.</li> <li>2. RitaOrji, Regan L. Mandryk and JuliaVassileva, 2012. Towards a Data-Driven Approach to Intervention Design: A PredictivePath Model of Healthy Eating Determinants. LectureNotes in Computer Science, 2012, Volume 7284, Persuasive Technology. Design for Health and Safety, Pages 203-214.</li> <li>3. Richard Shepherd, Monique Raats 2006. The Psychology of Food Choice. CABI, UK.</li> </ol>					

### Course Outline Weekly:

WEEKS	TOPICS
1. Week	Importance of healthy food choices in adequate and balanced nutrition
2. Week	Biological determinants such as hunger, appetite, and taste, appetite mechanism, regulation and food choice
3. Week	Taste preferences and food choice ( sweet, salty, sour, bitter tastes), influence of genetic taste markers on food choice
4. Week	Economic determinants such as cost, income, availability
5. Week	Physical determinants such as access, education, skills (e.g. cooking) and time
6. Week	Social determinants such as culture, family, peers and meal patterns
7. Week	Psychological determinants such as mood, stress and guilt
8. Week	<b>MIDTERM EXAM</b>
9. Week	Food neophobia and learning to choice new foods
10. Week	Barriers to dietary and lifestyle change and models for changing food behaviour
11. Week	Factors affecting purchasing behavior of consumers, food labels and nutrient profiles
12. Week	Food choices in childhood
13. Week	Food choice and taste preferences in obesity
14. Week	Food choices and eating disorders
15. Week	Food choices and eating disorders

### Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	1	14
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	6	1	6
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	2	2
Final Exam Preparation Time	1	3	3
<b>Total Work Load ( hour ) / 25(s)</b>			<b>25/25=1</b>
<b>ECTS</b>			<b>1</b>

### Evaluation System

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

**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. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.	4	4	4	4	4	3	3
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. 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. 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	3	3	3	3	3	3	3
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.	4	4	4	4	4	4	4

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