

BDB104 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	Lecture, Question-answer method, Experiment (laboratory) method Problem solving method Group work method Individual working method					
Instructor(s)						
Goal	1. To teach the importance of nutrition foods and food groups, 2. To teach energy and nutrient content foods and food groups, 3. To teach the methods of preparation, cooking and storage by preventing the loss of energy and nutrients.					
Learning Outcomes	<ol style="list-style-type: none"> 1. Learns the food groups containing foods. 2. Learns the amount of food recommended for individuals of different ages and genders to consume daily. 3. Learns menu features, menu planning and improves menu planning skills. 4. Learns to apply food preparation, cooking and storage methods to prevent energy and nutrient loss. 5. Compares nutrients in terms of energy, carbohydrates, protein, fat, vitamins, minerals, water and fiber. 6. Learn how to calculate the cost of meals. 					
References	<ol style="list-style-type: none"> 1. Baysal, A. Beslenme (18 baskı). Hatipoğlu Publishing, 2018, Ankara. 2. Merdol TK, Başoğlu S, Örer N. Beslenme ve Diyetetik Açıklamalı Sözlük (1. Baskı).). Hatipoğlu Publishing. 2018, Ankara. 3. Türkiye Beslenme Rehberi 2015. T. C. Ministry of Health Public Health Agency of Turkey, Ankara. 4. National Food Composition Database (Türkomp) (2020). www.turkomp.gov.tr 5. <u>Baysal A, Kutluay Merdol T, Sacır H, Cigirim N, Başoğlu S. Türk Mutfağından Örnekler. T. C. Ministry of Health Publications. Ankara.</u> 6. Beyhan Y. Toplu Beslenme Sistemlerinin Organizasyonu. Ankara Nobel Tıp Publishing.2018, Ankara. 7. Ünver B. Deneysel Yiyecek Hazırlama. Mars Publishing. 1987, Ankara. 					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Food Groups, Menu Preparation
2. Week	Food Preparation Laboratory Working Principles, Application of Measuring Weight of Foods and Beverages
3. Week	Nutritional Properties of Egg
4. Week	Egg Applications
5. Week	Nutritional Properties of Milk and Dairy Products
6. Week	Milk and Dairy Products Applications
7. Week	Nutritional Properties of Meats
8. Week	1. MIDTERM EXAM
9. Week	Meat Applications
10. Week	Nutritional Properties of Legumes and Oil Seeds
11. Week	Legumes and Oilseeds Applications
12. Week	Nutritional Properties of Cereals and Bread
13. Week	Cereals and Bread Applications
14. Week	Nutritional Properties of Vegetables and Fruits
15.	Vegetable and Fruit Applications

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	4	4
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	5	5
Final Exam Preparation Time	1	7	7
Total Work Load (hour) / 25(s)	100 / 25=4		
ECTS	4		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	40%
Quiz		
Laboratory	1	60%
Practice		
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		40%
Contribution Of Final Exam On Grades		60%
Total		100

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

Program qualifications	Learning Outcomes of the Course					
	L.O.1	L.O.2	L.O.3	L.O.4	L.O.5	L.O.6
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	1	5	4	1	1	5
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	1	5	2	5	1	5
3. Knows his rights, duties and responsibilities towards the society, colleagues, and other professions, individuals and patients, and learns how to behave in harmony with the professional ethical rules.	1	1	1	1	1	1
4. When confronted with problems within any field of Nutrition and Dietetics, has the ability to observe, diagnose, assess,	1	3	1	1	1	1

report and come up with solutions thanks to their up-to-date knowledge and skills.						
5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.	1	1	1	3	1	3
6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collect and analyze the data, interpret and write a report by using theoretical / practical knowledge and skills gained in the field of Nutrition and Dietetics.	4	4	2	1	1	3
7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.	5	4	5	5	4	5
8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society.	4	5	5	5	5	4
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	5	5	5	5	5	5

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