BDB214 - Mother And Child Nutrition

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						
Learning and Teaching Techniques of The Course	Expression, Question & Answer					
Instructor(s)						
Goal	It explains the importance of healthy mother and child nutrition, nutritional interactions of physiological, metabolic and endocrine changes during pregnancy and lactation, physiological and metabolic changes, nutritional interactions, energy and nutrient requirements in infancy, preschool-school children and adolescents.					
Learning Outcomes	1. Learn about the nutritional needs of pregnant and lactating women, newborns, infants, preschoolers, school children and adolescents and learn nutritional problems and develop solutions in these periods 2. Learn the effects of fetal and neonatal nutrition on diseases that may develop later in life. 3.Turkey and the world-lactating women, children and learn about nutrition programs and practices related to adolescence and develops recommendations. 4. Learns the issues to be considered in nutrition education for these groups and can make training. 5. Explain the importance and effect of breast milk in healthy nutrition with its various dimensions. 6. Learn to give complementary foods at the appropriate time and quantity and the features and usage areas of baby formulas.					
References	1. Baysal A. Nutrition. Hatiboğlu Publishing. Ankara, 2002. 2. Köksal G., Gökmen H. Nutritional Therapy in Child Diseases. Hatiboğlu publishing house, 2015					

Course Outline Weekly:

WEEKS	TOPİCS
1. Week	The importance of maternal and child nutrition in the world and Turkey
2. Week	Exchanges
3. Week	Physiological changes and nutritional requirements during pregnancy
4. Week	Physiological changes and nutritional requirements during pregnancy
5. Week	Physiological changes and nutritional requirements in lactation
6. Week	Physiological changes and nutritional requirements in lactation
7. Week	Breast milk, complementary nutrition and infant formulas
8. Week	**MIDTERM**
9. Week	Breast milk, complementary nutrition and infant formulas
10. Week	0-1 year old baby nutrition
11. Week	0-1 year old baby nutrition
12. Week	Characteristics, energy and nutrient requirements of 1-3 year-old children (play boy) and 3-5 year-old children (preschool / nursery)
13. Week	Characteristics, energy and nutrient requirements of 1-3 year-old children (play boy) and 3-5 year-old children (preschool / nursery)
14. Week	Characteristics of children (school age), energy and nutrient requirements of 6-12 age group
15. Week	Adolescent characteristics, energy and nutrient requirements

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		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar	1	50%
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**					
	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.	5	5	5	4	5	5
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	4	5	5	5	5	4
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.	4	5	5	4	5	4
4. When confronted with problems within any field of Nutrition and Dietetics, has the ability to observe, diagnose, assess, report and come up with solutions thanks to their up-to-date knowledge and skills.	4	4	5	4	5	4
5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in diciplinary and interdisciplinary conditions.	5	5	5	5	5	5
6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collectand analyze the data, interpret and write a report by using theoretical / practical knowledge and	5	5	5	5	5	5

	skills gained in the field of Nutrition and Dietetics.						
7.	Develops suggestions for healty/sick individuals and those at risk considering their lifelong diet.	5	5	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	4	4
9.	Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	4	5	5	5	4	4

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