

## BDB432 - 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 Question-answer method Brainstorming					
Instructor(s)						
Goal	Teaching the factors affecting food selection (demographic, physical, economic, psychological and biological) and the models that direct individuals to the right food selection.					
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Learn the hunger, flavor and appetite mechanisms that are effective in food selection and comprehend the interaction between them,</li> <li>2. Learn economic, psychological and social factors that are effective in food selection,</li> <li>3. Understand and interpret the models developed for individuals to make healthy choices in food selection,</li> <li>4. Learns the factors affecting the consumer in food purchasing, comments and gets information about the developed nutritional pattern profiles,</li> <li>5. Learns and interprets the factors affecting food selection in children, obese and eating disorders.</li> </ol>					
References	<ol style="list-style-type: none"> <li>1. Baysal A, Beslenme, 12 edition, Hatiboğlu Publishing, Ankara, 2009</li> <li>2. Alphan E.M, Sağlıklı Beslenme Sağlıklı Lezzetler, 2. edition, Nobel publishing, Ankara, 2005</li> <li>3. Applegate L, Sağlıklı yaşam ve yüksek performans için beslenme ve diyet: temel ilkeleri, İstanbul Tıp Kitabevi, İstanbul, 2011</li> <li>4. Mahan K, Raymond L.J, Krause's food &amp; the nutrition care process, 13.edition, <a href="#">Missouri : Elsevier Saunders, 2012</a></li> <li>5. Victor R. Preedy, Ronald Ross Watson and Colin R. Martin, Handbook of Behavior Food and Nutrition. Springer, Electronic Book, DOI 10.1007/978-0-387-92271-3, 2010</li> </ol>					

### Course Outline Weekly:

WEEKS	TOPICS
1. Week	The importance of food selection in adequate and balanced nutrition
2. Week	Biological factors affecting food selection (hunger, appetite, flavor, etc.), appetite mechanism and food selection
3. Week	Taste preferences and food choice ( sweet, salty, sour, bitter tastes), influence of genetic taste markers on food choice
4. Week	Economic factors affecting food selection (cost, price, food availability etc.)
5. Week	Physical factors affecting food selection (accessibility, education, cooking skills and time etc.)
6. Week	Social factors affecting food selection (culture, family, friends and meal order etc.)
7. Week	Psychological factors affecting food selection (mood, stress and guilt etc.)
8. Week	<b>MIDTERM EXAM</b>
9. Week	Food neophobia
10. Week	Factors preventing nutrition and lifestyle changes, factors affecting new food selection learning
11. Week	Factors affecting food selection, food labels and nutritional pattern profiles when buying food
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

<b>Mid-Term Studies</b>	<b>Number</b>	<b>Contribution</b>
Midterm exams	1	100%
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>100</b>
<b>Final works</b>		
Final	1	100%
Homework		
Practice		
Laboratory		
<b>Total Time To Activities For Midterm</b>		<b>100</b>
Contribution Of Midterm Studies On Grades		40%
Contribution Of Final Exam On Grades		60%
<b>Total</b>		<b>100</b>

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

Program qualifications	Learning Outcomes of the Course				
	L.O1	L.O.2	L.O.3	L.O.4	L.O.5
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	5	5	-	4	-
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	-	-	-	-	-
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. 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.	-	-	3	3	3
5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.	-	-	-	-	-
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.	-	-	-	-	-

7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.	2	-	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	3	3
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	-	-	-	-	-

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