

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 | 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 | TOPICS |
|----------|---|
| 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 disciplinary 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, 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. | 5 | 5 | 5 | 5 | 5 | 5 |
| 7. Develops suggestions for healthy/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