Course title	Code	Semester	Theory (hours/week)	Implementation (hours/week)	Laboratory (hours/week)	ECTS
Functional Nutritions	BDB339	5th Semester/Fall	0	14	0	4
Prerequisites	No					
Language of the lesson	Turkish					
Type of Course	Elective					
Lesson learning and teaching techniques	Lecture (presentation) method,uestion and answer method, Team work, Individual study, Brainstorm.					
Course responsible(s)						
The aim of the course	To learn the compositions, types and health-related functions of functional foods.					
Learning outcomes ofthe course	1. Comprehends the definition of functional foods. 2. Functional nutrition learns compositions. 3. Understands the relationship of functional nutrients and bioactive components with health. 4. Learns current legal regulations and follow-up.					
Resources	1. Baysoy G., Functional Foods, Ankara Nobel Medicine Bookstores, 2018. 2. Baysal A, General nutrition, Hatipoğlu Publishing, 2013. 3. Danik M. Martirosyan,Jaishree Singh Functional Foods in Health and Disease, A new definition offunctional food by FFC: what makes a new definition unique? 2015; 5(6):209-223. 4. https://www.nutrition.org.uk/nutritionscience/foodfacts/functional-foods.html 5. https://www.eatright.org/food/nutrition/healthy-eating/functional-foods					

Weekly Lesson Topics

Weeks	Topics
1. week	Definition and Classification of Functional Nutrients
2. week	History and Ethics of Functional Foods
3.week	Legal Regulations Regarding Functional Foods
4.week	Bioactive Carbohydrates
5.week	Bioactive Lipids
6. week	Bioactive Peptides
7. week	Bioactive Peptides
8. week	**MIDTERM**
9. week	Vegetables and fruits
10. week	Vegetables and fruits
11. week	Tea and coffee
12. week	Cocoa and Chocolate
13. week	Honey and Mushrooms
14. week	Nuts
15. week	Functional Nutrients and Their Relationships to Diseases

Student Workload Table

Events	Number	Time	Total Workload
Lesson Duration	14	2	28
Lab			
Application	14	3	42
Field Study			
Out of Class Study Time (Free Study/Group Study/Pre-Study)			
Presentation (Making Videos/Preparing Posters/Making Oral Presentations/Focus Group Discussion/Survey Application/Observation andReport Writing)			
Seminar Preparation			
Project			
Case Study	1	10	10
Role Playing, Dramatizing			
Article writing-Criticizing			
Midterm exams	1	8	8
Final exams	1	12	12
Total workload (hours) / 25(s)	**100/25**		
Course ECTS	**4**		

Evaluation System

Semester studies	Number	Contribution margin
Midterm	1	50 %
Quiz		
Lab		
Application		
Field Study		
Course-Specific Application (If Available)		
Homeworks	1	50 %
Presentation and Seminar		
Projects		
Other		
Total of semester studies		100
End of semester studies		
Final	1	80%
Homework	1	20 %
Application		
Lab		
Sum of studies at the end of the semester		100
Contribution of Midterm Studies to Success Grade		40%
The Contribution of the Final Exam to the Success Grade		60%
Sum of success grade		100

Associating the learning outcomes of the courses with the program qualifications

Program qualifications	Course Learning Outcomes				
	F.C.1	**F.O.2**	**F.O.3**	**F.O.4**	**F.C.5**
1. Gains the ability to use the evidence-based theoretical knowledge obtained frombasic and social sciences specific to the science of Nutrition and Dietetics in practice .	**5**	**5**	**5**	**5**	**5**
2. Gains the ability to effectively use the equipment and information technologies needed in professional applications .	-	-	-	-	-
Knows their rights, duties and responsibilities towards society, colleagues, other professionals and healthy/sick individuals, and follows professional ethics, learns to behave properly.	-	-	-	-	-
4. Gains the skills of observing, detecting, interpreting, reporting and producing solutions thanks to the current knowledge and skills of the problems encountered in different fields of Nutrition and Dietetics.	-	-	-	-	-
5. Gains effective communication skills, taking responsibility, solution-oriented working principles and effective working skills in disciplinary or interdisciplinary environments.	-	-	-	-	-
6. Theoretical and applied knowledge and skills acquired in the field of nutrition and dietetics using plans by a research team or individual work, do experiments / data collects, analyzes the data, reviews and gain the ability to report.	-	-	-	-	-
7. Nutritional status of healthy/sick and at-risk individuals throughout theirlife eye develops proposals taking into.	**4**	**4**	**4**	**3**	**4**
8. Gains information on the creation and implementation of nutrition plans and policies in line with the needs of the individual and society.	**4**	**4**	**4**	**5**	**4**
9. By following the latest developments in the professional field at the national and international level, he develops himself and gains theawareness of lifelong learning.	**5**	**5**	**5**	**4**	**5**
Level of providing proficiency: 1: Low **, 2:** Low/Medium **, 3:** Medium **, 4:** High **, 5:** Excellent					