

TOROS ÜNİVERSİTESİ

Vocational School
Oral And Dental Health

Course Information

BASIC NUTRITION PRINCIPLES					
Code	Semester	Theoretical	Practice	National Credit	ECTS Credit
		Hour / Week			
SADS151	Fall	2	0	2	2

Prerequisites and co-requisites	
Language of instruction	Turkish
Type	Elective
Level of Course	Associate
Lecturer	Başak Öncel, Lec.
Mode of Delivery	Face to Face
Suggested Subject	
Professional practise (internship)	None
Objectives of the Course	The aim of this course is to teach nutrient, nutrient, nutrition concepts and to give information about adequate and balanced nutrition, the relationship between nutrition and health.
Contents of the Course	Definition of nutrition and its relationship with health; Understanding of nutritional elements and their importance in nutrition. Structure, classification, functions, sources, daily requirements of macro nutrients. Structure, classification, functions, sources, daily requirements of micronutrients. Adequate and balanced diet. Energy metabolism. To teach the concepts of functional foods and nutrition in special cases and to give information about adequate and balanced nutrition, the relationship between nutrition and health.

Learning Outcomes of Course

#	Learning Outcomes
1	The importance of adequate and balanced nutrition
2	Structure of nutrients and mechanism of action in human metabolism
3	The importance of nutrition in terms of body functions
4	Understanding the importance of nutrition in special situations

Course Syllabus

#	Subjects	Teaching Methods and Technics
1	Definition of nutrition, its importance and health relationships	
2	Nutrition Facts and Classification of Nutrients	
3	Carbohydrates	
4	Proteins	
5	Fats	
6	Enzymes	
7	Energy Metabolism	
8	MIDTERM	
9	Vitamins	
10	Water and minerals	

11	Food Groups and Food Pyramid	
12	Adequate and Balanced Nutrition Factors	
13	Food Additives	
14	Functional Foods	
15	Nutrition in special situations	
16	Final Exam	

Course Syllabus

#	Material / Resources	Information About Resources	Reference / Recommended Resources
1	1 Prof.Dr. Sıdıka BULDUK,Beslenme İlkeleri ve Mönü Planlama,Delta Yayıncılık,2013		
2	İlbiçe Saldamlı, Gıda Kimyası, Hacettepe Üniversitesi Yayınları, 2007		
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Method of Assessment

#	Weight	Work Type	Work Title
1	40%	Mid-Term Exam	Mid-Term Exam
2	60%	Final Exam	Final Exam

Relationship between Learning Outcomes of Course and Program Outcomes

#	Learning Outcomes	Program Outcomes	Method of Assessment
1	The importance of adequate and balanced nutrition	3,5,14	1,2
2	Structure of nutrients and mechanism of action in human metabolism	4,12,14	1,2
3	The importance of nutrition in terms of body functions	4	1,2
4	Understanding the importance of nutrition in special situations	4	1,2

PS. The numbers, which are shown in the column Method of Assessment, presents the methods shown in the previous table, titled as Method of Assessment.

Work Load Details

#	Type of Work	Quantity	Time (Hour)	Work Load
1	Course Duration	14	2	28
2	Course Duration Except Class (Preliminary Study, Enhancement)	0	0	0
3	Presentation and Seminar Preparation	0	0	0
4	Web Research, Library and Archival Work	0	0	0
5	Document/Information Listing	0	0	0
6	Workshop	0	0	0
7	Preparation for Midterm Exam	1	1	1
8	Midterm Exam	1	1	1
9	Quiz	0	0	0
10	Homework	0	0	0
11	Midterm Project	0	0	0
12	Midterm Exercise	0	0	0
13	Final Project	0	0	0
14	Final Exercise	0	0	0

15	Preparation for Final Exam	1	1	1
16	Final Exam	1	1	1
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