

TOROS ÜNİVERSİTESİ

Vocational School
Cooking

Course Information

NUTRITION PRINCIPLES					
Code	Semester	Theoretical	Practice	National Credit	ECTS Credit
		Hour / Week			
AŞÇ 101	Fall	2	0	2	

Prerequisites and co-requisites	None
Language of instruction	Turkish
Type	Required
Level of Course	Associate
Lecturer	Asst.Prof. Özlem ÖZPAK AKKUŞ
Mode of Delivery	Face to Face
Suggested Subject	None
Professional practise (internship)	None
Objectives of the Course	The aim of this course, by providing basic information about food chemistry, nutritional technology, catering, food items, composition of foods, students will use this information and provide them with adequate and balanced nutrition principles in kitchen.
Contents of the Course	Introduction to nutrition; Adequate, balanced and healthy definition of nutrition; The importance of healthy nutrition of carbohydrates, proteins, lipids, vitamins and minerals; chemical structure, properties, classification, functions, sources, daily intake recommendations, over-intake status and toxicity of these nutrients; food pyramids, functional foods, nutritional groups and the characteristics of the foods in the groups, basic nutrition questions in different age groups and special situations (allergens, celiac disease, lactose intolerance etc), menu planning examples for daily food consumption, Calculation of energy and nutrient values, energy metabolism

Learning Outcomes of Course

#	Learning Outcomes
1	Defines the importance of adequate and balanced nutrition.
2	Energy and nutritional elements (carbohydrates, proteins, fats, vitamins, minerals, water) can be associated with the importance of healthy nutrition and body functioning.
3	Evaluates the nutritional status and suggested solutions for correction.
4	Describes the quantities of energy and nutrients (carbohydrates, proteins, fats, vitamins, minerals, water) that different groups have to take in order to be fed adequate and balanced.

Course Syllabus

#	Subjects	Teaching Methods and Technics
1	Introduction to nutrition and basic concepts of nutrition	Lecture, discussion, presentation
2	Classification of nutritional elements and nutritional elements	Lecture, discussion, presentation
3	Carbohydrates: Properties, sources, digestion, absorption, requirements, problems with inadequate and excessive intake, diet pulp	Lecture, discussion, presentation
4	Lipids: Properties, sources, digestion, absorption, requirements, problems with inadequate and excessive intake	Lecture, discussion, presentation

5	Proteins: Properties, sources, digestion, absorption, requirements, problems with inadequate and excessive intake	Lecture, discussion, presentation
6	Vitamins: Properties, sources, digestion, absorption, requirements, problems with inadequate and excessive intake	Lecture, discussion, presentation
7	Minerals and Water: Properties, sources, digestion, absorption, requirements, problems with inadequate and excessive intake	Lecture, discussion, presentation
8	Mid-term Exam	Written examination
9	Energy metabolism: Energy balance, energy value of foods, energy expenditure	Lecture, discussion, presentation
10	Nutrition groups and food pyramid	Lecture, discussion, presentation
11	Evaluation of Body Mass Index	Lecture, discussion, presentation
12	Adequate and balanced nutrition, inadequate and unbalanced nutrition	Lecture, discussion, presentation
13	Processed and packaged foods, food additives and preservatives	Lecture, discussion, presentation
14	Functional foods	Lecture, discussion, presentation
15	Nutrition in different age groups and special situations (allergies, celiac disease, lactose intolerance, etc.)	Lecture, discussion, presentation
16	Final Exam	Written examination

Course Syllabus

#	Material / Resources	Information About Resources	Reference / Recommended Resources
1	İlbilge Saldamlı, Gıda Kimyası, Hacettepe Üniversitesi Yayınları, 2007		
2	Prof. Dr. Sıdika BULDUK, Beslenme İlkeleri ve Mönü Planlama, Detay Yayıncılık, 2013		
3	Prof Dr. Ayşe BAYSAL, Genel Beslenme, Hatiboğlu Yayınları, 2015		

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	Defines the importance of adequate and balanced nutrition.	4,5,6,7,8,10	1,2
2	Energy and nutritional elements (carbohydrates, proteins, fats, vitamins, minerals, water) can be associated with the importance of healthy nutrition and body functioning.	4,5,6,7,8,10	1,2
3	Evaluates the nutritional status and suggested solutions for correction.	4,5,6,7,8,10	1,2
4	Describes the quantities of energy and nutrients (carbohydrates, proteins, fats, vitamins, minerals, water) that different groups have to take in order to be fed adequate and balanced.	4,5,6,7,8,10	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	Work
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			(Hour)	Load
1	Course Duration	14	2	28
2	Course Duration Except Class (Preliminary Study, Enhancement)	14	2	28
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	2	2
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	22	0	11
14	Final Exercise	0	0	0
15	Preparation for Final Exam	1	1	1
16	Final Exam	1	1	1
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