

# 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               | 2           |

|                                      |  |
|--------------------------------------|--|
| Prerequisites and co-requisites      | None   |
| Language of instruction              | Turkish  |
| Type                                 | Required   |
| Level of Course                      | Associate  |
| Lecturer                             | Lect. Kamuran ÖZTOP  |
| 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 conditions for buying, preparing, storing, cooking food containing nutritional elements  |
| 5 | Describes the nutritional status of society and individuals.   |
| 6 | 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 Basic Nutrition Concepts                        | Lecture, discussion, presentation |
| 2 | Classification of Nutritional Elements and Nutritional Elements | Lecture, discussion, presentation |
| 3 | Carbohydrates   | Lecture, discussion, presentation |
| 4 | Fats / Lipids   | Lecture, discussion, presentation |

|    |   |                                   |
|----|---|-----------------------------------|
| 5  | Proteins  | Lecture, discussion, presentation |
| 6  | Vitamins  | Lecture, discussion, presentation |
| 7  | Water and Minerals  | Lecture, discussion, presentation |
| 8  | Mid-term Exam   | Written examination               |
| 9  | Energy Metabolism   | Lecture, discussion, presentation |
| 10 | Nutrition Groups and Food Pyramid   | Lecture, discussion, presentation |
| 11 | 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 | İlilge Saldamlı, Gıda Kimyası, Hacettepe Üniversitesi Yayınları, 2007               |                             |                                   |
| 2 | Prof. Dr. Sıdika BULDUK, Beslenme İlkeleri ve Menü 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 conditions for buying, preparing, storing, cooking food containing nutritional elements  | 4,5,6,7,8,10     | 1,2                  |
| 5 | Describes the nutritional status of society and individuals.   | 4,5,6,7,8,10     | 1,2                  |
| 6 | 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 (Hour) | Work 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 | 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         |
|    |                              |   |   | <b>60</b> |