

# 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

<b>Prerequisites and co-requisites</b>	None
<b>Language of instruction</b>	Turkish
<b>Type</b>	Required
<b>Level of Course</b>	Associate
<b>Lecturer</b>	Prof. Dr. Yüksel ÖZDEMİR
<b>Mode of Delivery</b>	Face to Face
<b>Suggested Subject</b>	None
<b>Professional practise ( internship )</b>	None
<b>Objectives of the Course</b>	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.
<b>Contents of the Course</b>	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>