

NUTRITION EDUCATION IN PRIMARY SCHOOL

1	Course Title:	NUTRITION EDUCATION IN PRIMARY SCHOOL
2	Course Code:	SIN3007
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	4.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. HAKAN SÖYÜT
15	Course Lecturers:	Yok
16	Contact information of the Course Coordinator:	Prof. Dr. Hakan SÖYÜT hakansoyut@uludag.edu.tr
17	Website:	
18	Objective of the Course:	Students will be able to make definitions about nutrition, explain the effects of nutrition on health, list what nutrients and nutritional diseases are, explain health problems caused by nutrition-related diseases, learn nutrition problems and solutions in Turkey, understand child nutrition and understand the relationship of obesity with nutrition. and to understand the solutions.
19	Contribution of the Course to Professional Development:	Relationship between nutrition and health and culture, Health, Concepts related to nutrition and nutrition (diet, malnutrition, malnutrition, unbalanced nutrition, overnutrition, malnutrition), Factors that negatively affect health in person nutrition, Nutrients (carbohydrates, fats, proteins, vitamins) , water and minerals), Nutritional diseases and the health problems they cause, Precautions and suggestions for the solution of nutritional problems and deficiencies in Turkey, Risk groups of nutrition in the society and nutritional recommendations, Obesity and nutrition, Sufficient and balanced nutrition recommendations
20	Learning Outcomes:	
	1	To make students comprehend general information about nutrition issues in primary school program, their characteristics and their equivalents in daily life and usage areas.
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21	Course Content:	

	Course Content:				
Week	Theoretical		Practice		
1	The relationship between nutrition and health and culture				
2	Nutritional concepts (Diet, Nutritional Disorder, Malnutrition, Unbalanced Nutrition, Overnutrition, Wrong Nutrition)				
3	Factors Affecting Health Negatively in Individual Nutrition				
4	Nutrients (Carbohydrates Fats Protein Vitamins Water and Minerals)				
5	Nutrients				
6	Nutritional Diseases				
7	Health problems caused by nutritional diseases				
8	Nutritional problems in primary school				
9	Precautions and suggestions for solving nutritional problems and deficiencies in primary school				
10	Nutrition recommendations in primary school				
11	The relationship between obesity and nutrition in primary school and solutions				
12	The relationship between obesity and nutrition in primary school and solutions				
Activites			Number	Duration (hour)	Total Work Load (hour)
14	Theoretical Adequate and balanced nutrition		14	2.00	28.00
Practicals/Labs			0	0.00	0.00
Self study and preperation			14	3.00	42.00
Homeworks			14	2.00	28.00
25	Projects Assesment		0	0.00	0.00
Field Studies			0	0.00	0.00
Midterm exams		R	1	8.00	8.00
Others			0	0.00	0.00
Quiz	Final Exams		1	14.00	14.00
Total Work Load					120.00
Final Exam		1	60.00		4.00
ECTS Credit of the Course					4.00
Contribution of Term (Year) Learning Activities to Success Grade			40.00		
Contribution of Final Exam to Success Grade			60.00		
Total			100.00		
Measurement and Evaluation Techniques Used in the Course			Multiple choice tests		
24	ECTS / WORK LOAD TABLE				

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low			3 Medium			4 High			5 Very High				