

## BALANCED NUTRITION

1	Course Title:	BALANCED NUTRITION
2	Course Code:	LVSS249
3	Type of Course:	Optional
4	Level of Course:	Short Cycle
5	Year of Study:	2
6	Semester:	3
7	ECTS Credits Allocated:	3.00
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:	Doç. Dr. TÜLAY ELAL MUŞ
15	Course Lecturers:	Meslek Yüksekokulları yönetim kurulları tarafından atanmış öğretim elemanları.
16	Contact information of the Course Coordinator:	Doç. Dr. Tülay ELAL MUŞ tulayelalmus@uludag.edu.tr Tel: 0224 2942662
17	Website:	
18	Objective of the Course:	To learn the place of foods in nutrition and the importance of a balanced diet. To inform the student about the basic principles of healthy nutrition.
19	Contribution of the Course to Professional Development:	Provides information about the importance of human nutrition and nutritional principles.
20	Learning Outcomes:	
	1	Gains knowledge of a balanced diet.
	2	Gains knowledge of the functions of nutrients in the human body.
	3	Gains knowledge of people's nutritional disorders.
	4	Gains knowledge of the age-appropriate diet of people.
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21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	Definition of nutrition, metabolism and calories	
2	Carbohydrates as a nutrient	
3	Proteins as a nutrient	
4	Lipids as nutrients	

<b>5</b>	The place of vitamins, minerals and water in nutrition	
<b>6</b>	food pyramid	
<b>7</b>	Definition of glycemic index and classification of foods according to glycemic index	
<b>8</b>	Body mass index and calculation	
<b>9</b>	Special diet types - Vegan diet	
<b>10</b>	Special diet types -Vegetarian diet	
<b>11</b>	Special types of nutrition - Satvik nutrition	
<b>12</b>	Special diet types - Gluten-free diet	
<b>13</b>	Genetic disorders that require special nutrition	
<b>14</b>	Diseases that may occur as a result of inadequate or unbalanced nutrition	

22	Textbooks, References and/or Other Materials:	Beslenme ve Diyet - Temel İlkeleri. Liz APPELATE, İstanbul Tıp Kitabevi Beslenme İlkeleri. Mustafa TAYAR, Nimet HAŞIL KORKMAZ, Elif ÖZKELEŞ, Dora Basım Yayım
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23	Assesment
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TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	40.00

Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	2	14	2.00	28.00
Practicals/Labs		0	0.00	0.00
Self study and preparation		6	6.00	36.00
Homeworks		1	10.00	10.00
Projects		1	0.00	0.00
Field Studies		0	0.00	0.00
Mid term exams		1	8.00	8.00
Others		0	0.00	0.00
Final Exams		1	10.00	10.00
Total Work Load				96.00
Total work load/ 30 hr				3.00
ECTS Credit of the Course				3.00

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	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK4	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
LO: Learning Objectives    PQ: Program Qualifications																

<b>Contribution Level:</b>	<b>1 very low</b>	<b>2 low</b>	<b>3 Medium</b>	<b>4 High</b>	<b>5 Very High</b>
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