

# NUTRITION PRINCIPLES

1	Course Title:	NUTRITION PRINCIPLES
2	Course Code:	GMD2214
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	4
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:	Non
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Doç.Dr. TÜLAY ÖZCAN
15	Course Lecturers:	-
16	Contact information of the Course Coordinator:	Uludağ Üniversitesi Ziraat Fakültesi Gıda Mühendisliği Bölümü 16059 Görükle/Bursa Tel: 0 224 2941498 Fax: 0 224 2941402 e-posta: : tulayozcan@uludag.edu.tr
17	Website:	
18	Objective of the Course:	The main purpose of this course is informing the students about the importance of nutrition, structure of food components, mechanism of action, intimidation and symptoms in case of deficiency and diseases associated with nutrition.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Informing about nutrition
	2	Informing about structures and mechanism of action food components
	3	Informing about digestible of nutrients component and recommended daily intakes
	4	Informing about nutrition in chronic diseases, obesity, diet and nutrigenetics
	5	Informing about nutrition of human in special situation and various kinds of age groups
	6	Informing about safety and quality of food component
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21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice

1	Importance of Nutrition			
2	Composition of Foods and Food-related Definitions			
3	Structure of Human Body and Nutrition			
4	Water, Water Equilibrium and Electrolytes			
5	Metabolism of Energy and Carbohydrates			
6	Metabolism of Lipids			
7	Class Discussion and Midterm Exam			
8	Metabolism of Protein			
9	Effetcs of Vitamins			
10	Effetcs of Minerals			
11	Metabolism of Calcium and Osteoporosis			
12	Metabolism of Cholesterol and Atherosclerosis			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14	2.00	28.00
Practicals/Labs		0	0.00	0.00
Self study and preperation		14	1.00	14.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		1	20.00	20.00
Others		0	0.00	0.00
TERM LEARNING ACTIVITIES		NUMBE	WEIGHT	25.00
Total Work Load				107.00
Total work load/ 30 hr		0	0.00	2.90
Quiz				
ECTS Credit of the Course				3.00
Home work project				
Final Exam		1	60.00	
Total		2	100.00	
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				
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	5	4	4	3	5	4	4	5	5	5	3	0	0	0	0	0
ÖK2	5	5	3	4	5	5	4	5	5	5	3	0	0	0	0	0
ÖK3	5	5	3	4	5	5	4	5	5	5	3	0	0	0	0	0
ÖK4	5	5	3	4	5	5	4	5	5	5	4	0	0	0	0	0
ÖK5	5	5	3	4	5	5	5	5	5	5	4	0	0	0	0	0
ÖK6	5	5	5	4	5	5	5	5	5	5	5	0	0	0	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			