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| **Course Name** | **Code** | **Semester** | **T+U** | **Credit** | **ECTS** |
| **Nutrition Principles and Menu Planning** | 2201115 | I | 4+0 | 4 | 4 |
| Prerequisite Courses |  |
| Language of the Course | Turkish |
| Type of Course | Compulsory |
| Course Coordinator |   |
| Instructor | Hafiz Ozbudun |
| Course Assistants |  |
| The aim of lesson | In this course, it is aimed to "comprehend the basic nutrition principles, menu planning techniques, and to gain the competence of developing menus for food and beverage businesses in line with this information". |
| Course Learning Outcomes | At the end of this course, the student;1. Knows the basic concepts of nutrition, basic nutrition principles.2. Selects the sources of nutrients.3. Determines the daily portion amounts from food groups.4 . Knows the menu types.5 . Plans and develops menus according to customer taste and preference.6 . Prepares standard food recipes, makes portioning.7. Makes menu pricing.8. Prepares menu cards suitable for their characteristics.  |
| Course Content | Basic concepts of nutrition, basic nutrition principles, nutrients (carbohydrates, proteins, fats, vitamins, minerals, water), food groups (milk and dairy products, meat, eggs, legumes and oil seeds, fresh vegetables and fruits, cereals, oils, sugars and other minerals), the definition and importance of the menu, the history of the menu, the points to be considered in menu planning and menu preparation, menu types according to their prices (à la carte menu, table d'hôte menu, cyclical menu, California menu, meal of the day, menu types according to time; breakfast menu, lunch menu, dinner menu, night (supper) menu, brunch menu, New Year's menus), Menus for special occasions (menus for vegetarian, celiac, diabetes, elderly and child) and their features, special invitation (banquet) menus , liquor menu, corporate menu, room service menus, ethnic menu, standard prescription, calculating the nutritional value of products, creating portions, pricing the menu, menu cards and features, menu and marketing ma relationship. |
| **Weeks** | **Topics** |
| one | Basic concepts of nutrition, basic nutrition principles. |
| 2 | Food items; carbohydrates, proteins, fats. |
| 3 | Food items; vitamins, minerals, water. |
| 4 | Food groups; milk and dairy products, meat, eggs, legumes and oilseeds. |
| 5 | Food groups; fresh vegetables and fruits, cereals, oils, sugars and other minerals. |
| 6 | Definition and importance of the menu, the history of the menu, menu planning and points to be considered while preparing the menu. |
| 7 | Types of menus according to their prices; à la carte menu, table d'hote menu, cyclical menu, California menu, dish of the day. |
| 8 | Menu types by time; breakfast menu, lunch menu, dinner menu, supper menu, brunch menu, New Year's menus. |
| 9 | Menus for special occasions; Menus and features for vegetarian, celiac, diabetes, elderly and child. |
| 10 | Special invitation (banquet) menus, drink menu, corporate menu, room service menus, ethnic menu. |
| 11th | Standard prescribing. |
| 12 | Calculating the nutritional values of products. |
| 13 | Creation of portions, pricing of the menu. |
| 14 | Menu cards and their features, menu and marketing relationship. |

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| **General Competencies** |
| Students are expected to understand the main topics of this course and use it in their fields and applications. |
| **resources** |
| Türkan C., (2009), Nutrition Principles and Menu Planning, Ankara: Cemal Türkan PublicationsBulduk S., (2005), Nutrition Principles and Menu Planning, Ankara: Detay Publishing |
| **Evaluation System** |
| Grade assessment for this course will be done as follows:* Quiz: 20% (Week 7, 31 October- 04 November 2022)
* Midterm Exam (Midterm): 30% (Week 9, 14 November - 18 November 2022)
* Final Exam (Final): 50% (02-13 January 2023)
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| **WITH PROGRAM LEARNING OUTCOMES****COURSE LEARNING OUTCOMES RELATIONSHIP TABLE** |
|  | **PO1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** | **PO11** | **PO12** |
| **LO1** | 5 | - | - | - | - | - | - | 5 | - | - | - | - |
| **LO2** | 5 | - | - | - | - | - | - | 5 | - | - | - | - |
| **LO3** | 5 | - | - | - | - | - | - | 5 | - | - | - | - |
| **LO4** | 5 | - | - | - | - | - | - | 5 | - | - | - | - |
| **LO5** | 5 | 3 | - | - | - | 4 | 4 | 5 | 5 | - | 5 | 5 |
| **LO6** | 5 | - | 4 | - | 4 | 4 | 5 | 5 | - | - | - | 5 |
| **LO7** | 5 | - | 4 | - | 5 | - | - | 5 | - | - | - | 5 |
| **LO8** | 5 | - | 4 | - | 4 | - | - | 5 | - | - | - | 5 |
| **LO: Learning Outcomes OP: Program Outcomes** |
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| **Contribution Level** | **1 Very Low** | **2 Low** | **3 Medium** | **4 High** | **5 Very High** |

Relation of Program Outcomes and Related Course

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|  | **PO1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** | **PO11** | **PO12** |
| Nutrition Principles and Menu Planning | 5 | - | 4 | - | 2 | one | one | 5 | - | - | - | 3 |

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