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| **Course Name** | **Code** | **Semester** | **T+U** | **Credit** | **ECTS** |
| Healthy Eating | SMY019 |  | 2+0 | 2 | 3 |
| Prerequisite Courses |  |
| Language of the Course | Turkish |
| Type of Course | Vocational School Elective |
| Course Coordinator |   |
| Instructor | Hafiz Ozbudun |
| The aim of lesson | In this course, it is aimed to make students comprehend the principles of healthy nutrition by teaching basic nutrition information. |
| Course Learning Outcomes | At the end of this course, the student; 1 .Knows the basic concepts of nutrition.2. Comprehends the importance of adequate and balanced nutrition in terms of growth, development and health.3. Knows the nutrients and their functions in body work.4. Knows the food groups and the daily portion amount.5. Defines the problems caused by inadequate and unbalanced nutrition.6. Comprehends the principles of healthy nutrition.7. Will be able to plan an adequate and balanced menu in terms of health. |
| Course Content | The relationship between nutrition and health, the definition of adequate and balanced nutrition, Nutrient elements: proteins, Nutrient elements: carbohydrates, fats, Nutrients: vitamins, Nutrients: minerals, water, Food groups; milk and dairy products, meat, eggs, legumes and oil seeds, Food groups; Fresh vegetables and fruits, cereals and products, Nutrition and various diseases, Energy balance: obesity-weakness, Food additives and their effects on health.Nutrition types from past to present: nutrigenetics, raw nutrition, ketogenic nutrition, etc. types of nutrition, types of nutrition, principles of healthy, adequate and balanced menu planning, menu planning. |
| **Weeks** | **Topics** |
| one | Nutrition and health between relationship , enough and balanced of nutrition definition . |
| 2 | Food elements : proteins . |
| 3 | Food elements : carbohydrates , fats . |
| 4 |  Food elements : vitamins . |
| 5 | Food elements : minerals , water . |
| 6 | Food groups ; milk and milk products , meat, eggs , legumes and oily seeds . |
| 7 | Food groups ; Fresh vegetable and fruits , cereals and products . |
| 8 | Nutrition and various diseases . |
| 9 | Energy balance : obesity-weakness . |
| 10 | food contribution substances and health over effects . |
| 11th | from the past to the present nutrition varieties : nutrigenetic , raw nutrition , ketogenic nutrition etc. nutrition varieties . |
| 12 | Nutrition varieties . |
| 13 | healthy enough \_ and balanced menu planning principles . |
| 14 | Menu planning . |

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| **General Competencies** |
| from students this main topics of the lesson their understanding and fields with in applications their use expected . |
| **resources** |
| Baysal Ayşe, Nutrition, 2002, Hatiboğlu Publishing. |
| **Evaluation System** |
| Grade assessment of this course the following as will be done :* Short Quiz : 20% ( Week 7 , 31 October - 04 November 2022)
* Midterm Exam ( Midterm ): 30% ( Week 9 , 14 November - 18 November 2022)
* Period end 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** | 4 | 2 | 2 | - | - | 2 | 2 | 4 | - | - | - | 5 |
| **LO2** | 4 | 2 | 2 | - | - | - | - | 4 | 5 | 3 | 2 | 4 |
| **LO3** | 4 | 2 | 2 | - | - | - | - | 4 | 5 | 3 | 3 | 5 |
| **LO4** | 4 | 2 | 2 | - | - | - | 3 | 4 | 5 | 3 | 3 | 5 |
| **LO5** | 4 | 2 | 2 | - | - | - | 3 | 2 | 5 | 3 | 3 | 5 |
| **LO6** | 4 | 2 | - | - | - | - | 4 | 4 | 5 | 3 | 3 | 5 |
| **LO7** | 5 | 2 | - | - | 5 | - | 2 | 4 | 5 | 3 | 3 | 4 |
| **REVENGE: Learning Outputs OP: Program Outputs** |
| **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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| **lesson** | **PO1** | **PO2** | **PO3** | **PO4** | **PO5** | **PO6** | **PO7** | **PO8** | **PO9** | **PO10** | **PO11** | **PO12** |
| Healthy Eating | 4 | 2 | one | - | - | - | 2 | 8 | 4 | 3 | 2 | 5 |

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