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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Dersin Adı** | | **Kodu** | **Yarıyıl** | **T+U** | **Kredi** | **AKTS** | | **Beslenme İlkeleri ve Menü Planlama** | |  | I | 4+0 | 4 | 4 | | Ön koşul Dersler |  | | | | | | | Dersin Dili | Türkçe | | | | | | | Dersin Türü | Zorunlu | | | | | | | Dersin Koordinatörü |  | | | | | | | Dersi Veren |  | | | | | | | Dersin Yardımcıları |  | | | | | | | Dersin Amacı | Bu derste, temel beslenme ilkelerini, menü planlama tekniklerini kavratma, bu bilgiler doğrultusunda yiyecek içecek işletmeleri için menü geliştirme yeterliliğini kazandırma amaçlanmaktadır. | | | | | | | Dersin Öğrenme Çıktıları | Bu dersin sonunda öğrenci;  1. Beslenme ile ilgili temel kavramları, temel beslenme ilkelerini bilir.  2. Besin ögelerinin kaynaklarını seçer.  3. Besin gruplarından günlük porsiyon miktarlarını tespit eder.  4. Menü çeşitlerini bilir.  5. Müşteri zevk ve tercihine uygun menü planlar ve geliştirir.  6. Standart yemek reçeteleri hazırlar, porsiyonlama yapar.  7. Menü fiyatlandırması yapar.  8. Özelliklerine uygun menü kartları hazırlar. | | | | | | | Dersin İçeriği | Beslenme ile ilgili temel kavramlar, temel beslenme ilkeleri, besin öğeleri (karbonhidratlar, proteinler, yağlar, vitaminler, mineraller, su), besin grupları (süt ve süt ürünleri, et, yumurta, kurubaklagiller ve yağlı tohumlar, taze sebze ve meyveler, tahıllar, yağlar, şekerler ve diğer mineraller), menünün tanımı ve önemi, menünün tarihçesi, menü planlama ve menü hazırlarken dikkat edilecek noktalar, fiyatlarına göre menü türleri (alakart menü, tabldot menü, devirli menü, California menu, günün yemeği, zamana göre menü türleri; kahvaltı menüsü, öğle yemeği menüsü, akşam yemeği menüsü, gece (supper) menü, brunch menu, yılbaşı menüleri), Özel durumlar için menüler (vejetaryen, çölyak, diyabet, yaşlı ve çocuk için menüler) ve özellikleri, özel davet (ziyafet) menüleri, içki menüsü, kurumsal menü, oda servisi menüleri, etnik menü, standart reçete yazma, ürünlerin besin değerleri hesaplam, porsiyonların oluşturulması, menünün fiyatlandırılması, menü kartları ve özellikleri, menü ve pazarlama ilişkisi. | | | | | | | **Haftalar** | **Konular** | | | | | | | 1 | Beslenme ile ilgili temel kavramlar, temel beslenme ilkeleri. | | | | | | | 2 | Besin öğeleri; karbonhidratlar, proteinler, yağlar. | | | | | | | 3 | Besin öğeleri; vitaminler, mineraller, su. | | | | | | | 4 | Besin grupları; süt ve süt ürünleri, et, yumurta, kurubaklagiller ve yağlı tohumlar. | | | | | | | 5 | Besin grupları; taze sebze ve meyveler, tahıllar, yağlar, şekerler ve diğer mineraller. | | | | | | | 6 | Menünün tanımı ve önemi, menünün tarihçesi, menü planlama ve menü hazırlarken dikkat edilecek noktalar. | | | | | | | 7 | Fiyatlarına göre menü türleri; alakart menü, tabldot menü, devirli menü, California menü, günün yemeği. | | | | | | | 8 | Zamana göre menü türleri; kahvaltı menüsü, öğle yemeği menüsü, akşam yemeği menüsü, gece (supper) menü, brunch menu, yılbaşı menüleri. | | | | | | | 9 | Özel durumlar için menüler; vejetaryen, çölyak, diyabet, yaşlı ve çocuk için menüler ve özellikleri. | | | | | | | 10 | Özel davet (ziyafet) menüleri, içki menüsü, kurumsal menü, oda servisi menüleri, etnik menü. | | | | | | | 11 | Standart reçete yazma. | | | | | | | 12 | Ürünlerin besin değerlerini hesaplama. | | | | | | | 13 | Porsiyonların oluşturulması, menünün fiyatlandırılması. | | | | | | | 14 | Menü kartları ve özellikleri, menü ve pazarlama ilişkisi. | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Genel Yeterlilikler** | | | | | | | | | | | | | | | | | | | Öğrencilerden bu dersin ana konularını anlamaları ve alanları ile uygulamalarında kullanmaları beklenir. | | | | | | | | | | | | | | | | | | | **Kaynaklar** | | | | | | | | | | | | | | | | | | | Türkan C., (2009), Beslenme İlkeleri ve Menü Planlama, Ankara: Cemal Türkan Yayınları  Bulduk S., (2005), Beslenme İlkeleri ve Menu Planlama, Ankara: Detay Yayıncılık | | | | | | | | | | | | | | | | | | | **Değerlendirme Sistemi** | | | | | | | | | | | | | | | | | | | Dönem başında ders izlencelerinde belirtilir. | | | | | | | | | | | | | | | | | | | **PROGRAM ÖĞRENME ÇIKTILARI İLE**  **DERS ÖĞRENİM ÇIKTILARI İLİŞKİSİ TABLOSU** | | | | | | | | | | | | | | | | | | |  | **PÇ1** | **PÇ2** | | **PÇ3** | **PÇ4** | | **PÇ5** | **PÇ6** | | **PÇ7** | **PÇ8** | | **PÇ9** | **PÇ10** | | **PÇ11** | **PÇ12** | | **ÖÇ1** | 5 | - | | - | - | | - | - | | - | 5 | | - | - | | - | - | | **ÖÇ2** | 5 | - | | - | - | | - | - | | - | 5 | | - | - | | - | - | | **ÖÇ3** | 5 | - | | - | - | | - | - | | - | 5 | | - | - | | - | - | | **ÖÇ4** | 5 | - | | - | - | | - | - | | - | 5 | | - | - | | - | - | | **ÖÇ5** | 5 | 3 | | - | - | | - | 4 | | 4 | 5 | | 5 | - | | 5 | 5 | | **ÖÇ6** | 5 | - | | 4 | - | | 4 | 4 | | 5 | 5 | | - | - | | - | 5 | | **ÖÇ7** | 5 | - | | 4 | - | | 5 | - | | - | 5 | | - | - | | - | 5 | | **ÖÇ8** | 5 | - | | 4 | - | | 4 | - | | - | 5 | | - | - | | - | 5 | | **ÖÇ: Öğrenme Çıktıları PÇ: Program Çıktıları** | | | | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | | | **Katkı Düzeyi** | | | **1 Çok Düşük** | | | **2 Düşük** | | | **3 Orta** | | | **4 Yüksek** | | | **5 Çok Yüksek** | | |   Program Çıktıları ve İlgili Dersin İlişkisi   |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | | | | | | | | | | | |  | **PÇ1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** | **PÇ11** | **PÇ12** | | Beslenme İlkeleri ve Menü Planlama | 5 | - | 4 | - | 2 | 1 | 1 | 5 | - | - | - | 3 | |