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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Dersin Adı** | | **Kodu** | **Yarıyıl** | **T+U** | **Kredi** | **AKTS** | | **Sağlıklı Beslenme** | |  |  | 2+0 | 2 | 3 | | Ön koşul Dersler |  | | | | | | | Dersin Dili | Türkçe | | | | | | | Dersin Türü | MYO Seçmeli | | | | | | | Dersin Koordinatörü |  | | | | | | | Dersi Veren |  | | | | | | | Dersin Yardımcıları |  | | | | | | | Dersin Amacı | Bu derste öğrenciye temel beslenme bilgileri öğretilerek, sağlıklı beslenme ilkelerini kavratmak hedeflenmektedir. | | | | | | | Dersin Öğrenme Çıktıları | Bu dersin sonunda öğrenci;  1. Beslenme ile ilgili temel kavramları bilir.  2. Yeterli ve dengeli beslenmenin büyüme, gelişme ve sağlık açısından önemini kavrar.  3. Besin öğelerini ve vücut çalışmasındaki görevlerini bilir.  4. Besin gruplarını ve günlük alınması gereken porsiyon miktarını bilir.  5. Yetersiz ve dengesiz beslenmeden kaynaklanan sorunları tanımlar.  6. Sağlıklı beslenme ilkelerini kavrar.  7. Sağlık açısından yeterli ve dengeli bir menü planlayabilir. | | | | | | | Dersin İçeriği | Beslenme ve sağlık arasındaki ilişki, yeterli ve dengeli beslenmenin tanımı,Besin ögeleri: proteinler,Besin ögeleri: karbonhidratlar, yağlar,Besin ögeleri: vitaminler,Besin ögeleri: mineraller, su,Besin grupları; süt ve süt ürünleri, et, yumurta, kurubaklagil ve yağlı tohumlar,Besin grupları; Taze sebze ve meyveler, tahıllar ve ürünleri,Beslenme ve çeşitli hastalıklar,Enerji dengesi: şişmanlık-zayıflık,Gıda katkı maddeleri ve sağlık üzeri etkileri.  Geçmişten günümüze beslenme çeşitleri: nutrigenetik, çiğ beslenme, ketojenik beslenme vb. beslenme çeşitleri,Beslenme çeşitleri,Sağlıklı, yeterli ve dengeli menü planlamı ilkeleri,Menü planlama. | | | | | | | **Haftalar** | **Konular** | | | | | | | 1 | Beslenme ve sağlık arasındaki ilişki, yeterli ve dengeli beslenmenin tanımı. | | | | | | | 2 | Besin ögeleri: proteinler. | | | | | | | 3 | Besin ögeleri: karbonhidratlar, yağlar. | | | | | | | 4 | Besin ögeleri: vitaminler. | | | | | | | 5 | Besin ögeleri: mineraller, su. | | | | | | | 6 | Besin grupları; süt ve süt ürünleri, et, yumurta, kurubaklagil ve yağlı tohumlar. | | | | | | | 7 | Besin grupları; Taze sebze ve meyveler, tahıllar ve ürünleri. | | | | | | | 8 | Beslenme ve çeşitli hastalıklar. | | | | | | | 9 | Enerji dengesi: şişmanlık-zayıflık. | | | | | | | 10 | Gıda katkı maddeleri ve sağlık üzerine etkileri. | | | | | | | 11 | Geçmişten günümüze beslenme çeşitleri: nutrigenetik, çiğ beslenme, ketojenik beslenme vb. beslenme çeşitleri. | | | | | | | 12 | Beslenme çeşitleri. | | | | | | | 13 | Sağlıklı, yeterli ve dengeli menü planlama ilkeleri. | | | | | | | 14 | Menü planlama. | | | | | |  |  | | --- | | **Genel Yeterlilikler** | | Öğrencilerden bu dersin ana konularını anlamaları ve alanları ile uygulamalarında kullanmaları beklenir. | | **Kaynaklar** | | Baysal Ayşe, Beslenme,2002, Hatiboğlu 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** | 4 | 2 | | 2 | - | | - | 2 | | 2 | 4 | | - | - | | - | 5 | | **ÖÇ2** | 4 | 2 | | 2 | - | | - | - | | - | 4 | | 5 | 3 | | 2 | 4 | | **ÖÇ3** | 4 | 2 | | 2 | - | | - | - | | - | 4 | | 5 | 3 | | 3 | 5 | | **ÖÇ4** | 4 | 2 | | 2 | - | | - | - | | 3 | 4 | | 5 | 3 | | 3 | 5 | | **ÖÇ5** | 4 | 2 | | 2 | - | | - | - | | 3 | 2 | | 5 | 3 | | 3 | 5 | | **ÖÇ6** | 4 | 2 | | - | - | | - | - | | 4 | 4 | | 5 | 3 | | 3 | 5 | | **ÖÇ7** | 5 | 2 | | - | - | | 5 | - | | 2 | 4 | | 5 | 3 | | 3 | 4 | | **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   |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Ders** | **PÇ1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** | **PÇ11** | **PÇ12** | | Sağlıklı Beslenme | 4 | 2 | 1 | - | - | - | 2 | 8 | 4 | 3 | 2 | 5 | |