Course Syllabus

Code - Course Title	**AŞÇ101 - Nutrition**
Course Type	I. SEMESTER
Laboratory + Practice	3+0
ECTS	**4.0**
Language of Instruction	Türkçe
Course Type	Required Courses
Course Instructor(s)	ÖĞR. GÖR. DR. GÖKHAN ŞALLI

Mode of Delivery	This course is given face to face.
Prerequisites	There is no prerequisite or co-requisite for this course.
Work Placement	Not Applicable

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Food chemistry	
Week - 2		Nutritional value of food	
Week - 3		Balanced nutrition	
Week - 4		Alternative solitions to nutrition problems	
Week - 5		Food technologies Cooking technologies	
Week - 6		Hygiene and environment health	
Week - 7		Dried food	
Week - 8		How our body uses food	
Week - 9		Main nutritional elements in food	
Week - 10		Nutritional components Physical and chemical characteristics	
Week - 11		daily nutritional needs	
Week - 12		Frequent, nutrition problems	
Week - 13		Nutrition and health and health problems	
Week - 14		Classification of food according to their nutritional value	

Learning Outcomes

#	Learning Outcome
1	Explain the rules of Nutrition
2	Explain nutrients and food groups.
3	calculats nutriments energy value.
4	Explain importance of nutrition and diet in special situations.

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.