Course Syllabus

Code - Course Title	**BDY102 - Nutrition Principles II**
Course Type	II. SEMESTER
Laboratory + Practice	3+2
ECTS	**5.0**
Language of Instruction	Türkçe
Course Type	Required Courses
Course Instructor(s)	DOÇ. DR. HİLAL HIZLI GÜLDEMİR

Mode of Delivery	This course will only face-to-face training.
Place of Delivery	On Campus
Used Educational Platforms	Face-to-face
Prerequisites	Principles of Nutrition I is a prerequisite course for this course.
Courses Recomended	-
Recommended Resources	Baysal, A. (2019) Beslenme (19.baskı). Ankara: Hatipoğlu Yayıncılık.Mahan, L.K.,Escott-Stump, S., Raymond, J. (2011) Krause'sFood&theNutritionCareProcess; (13.baskı). Washington: Elseiver.Türkiye Beslenme Rehberi 2025 T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü, Ankara.Berdarier, CD. ,Dwyer JT., Heber D. (2013). Handbook of Nutrition and Food (Ed by), Third Edition, CRC Press.Wiseman G. (2002).Nutrition and Health (Ed by), First Edition, CRC Press.
Work Placement	The course is with practical; there is no internship.
Aims of the Course	The aim of this course is to provide students with the ability to evaluate the impact of nutrition on health, determine the requirements of different age groups and special populations regarding food groups, nutrients, and other structural components of food, and understand the essential nutrients and their effects on metabolic processes necessary for maintaining a healthy life.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1** **LO-2** **LO-5**	Water and electrolytes, minerals (Sodium, Potassium, Chlorine)	Lecture, Question & Answer, Discussion, Case Study, Research and Inquiry
Week - 2	**LO-1** **LO-2** **LO-5**	Minerals (Calcium, Magnesium, Phosphorus, Sulfur)	Lecture, Observation, Question & Answer, Discussion, Case Study, Research and Inquiry
Week - 3	**LO-1** **LO-2** **LO-5**	Minerals (Iron, Copper, Iodine, Fluorine)	Lecture, Observation, Question & Answer, Discussion, Case Study, Research and Inquiry

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 4	LO-1 LO-2 LO-5	Minerals (Zinc, Manganese, Chromium et al.)	Lecture, Question & Answer, Discussion, Case Study, Research and Inquiry
Week - 5	LO-2 LO-5 LO-6	Introduction to food groups, Cereals	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 6	LO-2 LO-5 LO-6	Milk and dairy products	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 7	LO-2 LO-5 LO-6	Meats, egg, legumes and nuts	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 8	LO-2 LO-5 LO-6	Vegetables and fruits	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 9	LO-2 LO-5 LO-6	Oils and sugars	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 10	LO-2 LO-6 LO-7	Dietary fibers	Lecture, Question & Answer, Discussion, Case Study, Critique/Critical Reading, Research and Inquiry
Week - 11	LO-2 LO-6 LO-7	Probiyotikler	Lecture, Observation, Question & Answer, Discussion, Case Study, Brain Storming, Critique/Critical Reading, Research and Inquiry
Week - 12	LO-2 LO-6 LO-7	Functional foods	Lecture, Question & Answer, Discussion, Brain Storming, Practice/Practical Work/Workshop, Research and Inquiry
Week - 13	LO-1 LO-2 LO-5 LO-6 LO-7	Food additives	Lecture, Observation, Question & Answer, Discussion, Problem Solving, Critique/Critical Reading, Practice/Practical Work/Workshop, Research and Inquiry
Week - 14	LO-1 LO-2 LO-5 LO-6 LO-7	Presentation of food consumption records	Lecture, Question & Answer, Discussion, Case Study, Proje Design/Management, Research and Inquiry, Document/Text/Data Analysis

Learning Outcomes

#	Learning Outcome
1	Understands the importance of minerals in human nutrition.
2	Learns the daily food groups requirements according to different ages and genders, the types and amounts of nutrients that will provide them, and interprets the diet pattern from this perspective.
3	Learns food preparation, cooking and storage methods to prevent loss of vitamins and minerals.
4	Determines daily consumption amounts of nutrients and makes comparisons according to recommendations, evaluates general nutritional status, eating habits, interprets diet pattern.
5	Explains the topics of dietary fiber, probiotics, and functional foods.

Sustainable Development Goals

✓ No more hunger ✓ Health and Quality of Life ✓ Responsible Production and Consumption

Course Theme

✓ Health Sciences and Medical Technologies

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	5.00	14	70
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	1.00	14	14
Ödevler	2.00	3	6
Proje - Rapor - Sunum Hazırlama	5.00	1	5
Ara Sınav Hazırlığı (sınav süresi dahil)	10.00	1	10
Final Sınavı Hazırlığı (sınav süresi dahil)	10.00	1	10
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	2.00	6	12
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**5.0**

Assessment Method and Passing Requirements

✓ Open-Ended Test ✓ Multiple Choice Test ✓ Performance Assessment (Individual/Panel-Based) ✓ Homework ✓ Presentation ✓ Practice

Community Service Activity

This course does not include any Community Service activities.