Course Syllabus

Code - Course Title	**BDY205 - Evaluation of Food Consumption Status**
Course Type	III. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Area Elective 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	-
Courses Recomended	Principles of Nutrition I and II
Recommended Resources	Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, New York, 2nd Ed.Lee RD,Niemann DC (2007). Nutritional Assessment. McGrawHill,Boston,4th Ed Institute of Medicine (IOM).(2000). Dietary Reference Intakes, Applications in Dietary Assessment, National Academy Press, Washington, D.C.Türkiye Beslenme Rehberi (TÜBER), 2025.
Work Placement	Not applicable
Aims of the Course	The objective is to provide students with the knowledge and skills to apply methods for assessing dietary intake and to interpret energy and nutrient intakes, calculated from the obtained data, in accordance with national and international recommendations.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1**	Importance of assessment of food consumption status (national, household and individual level)	Lecture, Question & Answer, Discussion, Brain Storming
Week - 2	**LO-1**	Importance of assessment of food consumption status (national, household and individual level)	Lecture, Question & Answer, Discussion, Brain Storming
Week - 3	**LO-2**	Determination of nutritional status and methods used	Lecture, Question & Answer, Discussion, Case Study
Week - 4	**LO-1** **LO-2** **LO-3**	24-hour recall method + in-class practice	Lecture, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 5	LO-1 LO-2 LO-3	Food frequency questionnaire + in-class practice	Lecture, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop
Week - 6	LO-1 LO-2 LO-3	Dietary history + in-class practice	Lecture, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop
Week - 7	LO-2	Retrospective methods in-class practice	Case Study, Brain Storming, Practice/Practical Work/Workshop
Week - 8	LO-1 LO-2 LO-3	Prospective methods + in-class practice	Lecture, Question & Answer, Discussion, Team/Group Work, Case Study, Demonstration and Practice, Practice/Practical Work/Workshop
Week - 9	LO-1 LO-2 LO-3	Selection of Dietary Assessment Methods + In-class practice	Lecture, Case Study, Brain Storming, Proje Design/Management, Practice/Practical Work/Workshop
Week - 10	LO-1 LO-3	Comparison of Food Consumption Status and Nutrient Intakes with Recommended Guidelines	Lecture, Question & Answer, Discussion, Research and Inquiry
Week - 11	LO-2	Dietary Assessment Scales and Scores + In-class practice	Lecture, Question & Answer, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 12	LO-2 LO-3	New Technologies in Food Consumption Records + In-class practice	Lecture, Question & Answer, Discussion, Team/Group Work, Case Study, Proje Design/Management, Practice/Practical Work/Workshop

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Week - 13	LO-1	Evaluation of food consumption status in special groups (children, elderly, etc.)	Lecture, Question & Answer, Discussion
Week - 14	LO-1 LO-2 LO-3	Project Assignment Presentations	Lecture, Question & Answer, Proje Design/Management, Practice/Practical Work/Workshop

Learning Outcomes

#	Learning Outcome
1	Knows the importance and necessity of evaluation of food consumption status.
2	Applies different methods used in the evaluation of food consumption status.
3	Calculates the intake of energy and nutrients from food consumption data and evaluates them according to national/international recommendations.

Sustainable Development Goals

✓ No more hunger ✓ Health and Quality of Life ✓ Quality Education

Course Theme

✓ Health Sciences and Medical Technologies

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	2.00	14	28
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0.00	0	0
Ödevler	5.00	2	10
Proje - Rapor - Sunum Hazırlama	15.00	1	15
Ara Sınav Hazırlığı (sınav süresi dahil)	4.00	1	4
Final Sınavı Hazırlığı (sınav süresi dahil)	8.00	1	8
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	1.00	7	7
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**3.0**

Assessment Method and Passing Requirements

✓ Multiple Choice Test ✓ Short-Answer Test ✓ True-False Test ✓ Fill-in-the-Blank Test ✓ Homework

Community Service Activity

This course does not include any Community Service activities.