## Course Syllabus

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| **Code - Course Title** | **BDY208 - Mother and Child Nutrition** |
| **Course Type** | IV. SEMESTER |
| **Laboratory + Practice** | 2+1 |
| **ECTS** | **3.0** |
| **Language of Instruction** | Türkçe |
| **Course Type** | Required Courses |
| **Course Instructor(s)** | PROF. DR. NAZAN ERENOĞLU SON |

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| **Mode of Delivery** | This course will only face-to-face training. |
| **Recommended Resources** | Fomon SJ. Nutrition of Normal Infants. Mosby; St. Louis; 1993.,Thomas B. Manual of Dietetic Practice; Third Edition; 2001.,McLaren DS; Burman D; Belton NR. Textbook of Paediatric Nutrition 1991.,Baysal A. Beslenme. Hatiboğlu Yayınevi. Ankara; 2001.,Köksal G.; Gökmen H. Çocuk Hastalıklarında Beslenme Tedavisi. Hatiboğlu yayınevi; 2000. |
| **Work Placement** | This course has no internship or practice. |

## Course Syllabus

| Weeks | Learning Outcomes | Topics | Teaching Methods |
|---|---|---|---|
| **Week - 1** | | Importance of mother-child nutrition in Turkey and in the world | |
| **Week - 2** | | Pregnancy Physiology; Problems and Fetal Nutrition | |
| **Week - 3** | | Energy and nutrient needs during pregnancy | |
| **Week - 4** | | Lactation Physiology; Problems and energy and nutrient needs | |
| **Week - 5** | | 0-1 Years Baby Nutrition; gastrointestinal system development | |
| **Week - 6** | | 0-1 Years Baby Nutrition; energy and nutrient requirements | |
| **Week - 7** | | Importance of breast milk; composition | |
| **Week - 8** | | Importance of breast milk; composition | |
| **Week - 9** | | Complementary nutrition | |
| **Week - 10** | | Baby Foods | |
| **Week - 11** | | Preschool Child Nutrition | |
| **Week - 12** | | Preschool Child Nutrition | |
| **Week - 13** | | Adolescent Nutrition | |
| **Week - 14** | | Adolescent Nutrition | |

## Learning Outcomes

| # | Learning Outcome |
|---|---|
| 1 | Gains information about the nutritional needs of pregnant and lactating women, newborns, infants, pre-school, school-age children and adolescents. |
| 2 | Gains information about the importance and sources of energy and macronutrients and micronutrients in this period. |
| 3 | Learns the problems related to nutrition in these periods and can develop solutions |
| 4 | Gain information about nutrition programs and practices related to pregnant-breastfeeding, child and adolescence periods in Turkey and the World and can develop suggestions. |
| 5 | Learns and trains the issues to be considered in nutrition education for these groups. |

## 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.*