## Course Syllabus

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| **Code - Course Title** | **OKÖ209 - Mother and Child Nutrition** |
| **Course Type** | I. SEMESTER |
| **Laboratory + Practice** | 2+0 |
| **ECTS** | **4.0** |
| **Language of Instruction** | Türkçe |
| **Course Type** | Area Elective Courses |
| **Course Instructor(s)** | PROF. DR. NAZAN ERENOĞLU SON |

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| **Mode of Delivery** | The mode of delivery of this course is face to face |
| **Prerequisites** | There is no prerequisite or co-requisite for this course. |
| **Courses Recomended** | N/A |
| **Recommended Resources** | Köksal, G. ve Gökmen, H.; Çocuk Hastalıklarında Beslenme Tedavisi, Hatipoğlu Yayınları, 2000.Baysal A. ve Arslan P.; Çocuk Yemekleri, Özgür Yayınları,1997.Erk, O.; Bağışıklık Diyeti, Sözcü Kitabevi, İstanbul-2020.Merdol, T.K.; Okul öncesi Dönem Eğitimi Veren Kişi ve Kurumlar İçin Beslenme Eğitimi Rehberi, Özgür Yayınları, 1999.Baysal, A., Beslenme, Ankara 1990.Köksal ve ark.; Anne ve Çocuk Beslenmesi. |
| **Work Placement** | N/A |

## Course Syllabus

| Weeks | Learning Outcomes | Topics | Teaching Methods |
|---|---|---|---|
| **Week - 1** | | Some Concepts Related to Nutrition and Sufficient and Well-Balanced Nutrition | |
| **Week - 2** | | Nutrition and food constituents: Carbohydrates, Proteins and Fats | |
| **Week - 3** | | Nutrition and food constituents:Vitamins, Minerals and Water. | |
| **Week - 4** | | Immun System | |
| **Week - 5** | | *Concept of foodconsumption in Body *Samples of Well-Balanced Menus *Habit of cating fast-food *Principles of Preparing, Cooking and storing of food substances. | |
| **Week - 6** | | Physiology of Pregnancy Period; It Needs, Problems and Nutrition Principles | |
| **Week - 7** | | Physiology of Nursing Period; Its Needs, Problems and Nutrition Principles | |
| **Week - 8** | | Proporties of 0-1 Year-old Infants, Their Needs, Problems and Nutrition Principles.Benefits of breastmilk, comparison of breast milk and cow's milk; Starting Additional Foods | |
| **Week - 9** | | Psychological and PhysiologicalProperties, Nutrition Principles and Needs of Children of both Preschol. | |
| **Week - 10** | | Principles of Diet Planning. Preparing A Menu for Preschool Age. Sanitary and Hygienic Rules of preparing food. Agents, microorganisms which cause Rottenness of food. Teaching Kindergarben Food and Beverage Purchasing and Storing Techniques. | |

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|---|---|---|---|
| Week - 11 | | Principles of Nutrition Education Planning. Preparing A Nutrition Education for Preschool Age | |
| Week - 12 | | Nutrition in Special Conditions and Diseases: PEM ( Protein Energy Malnutrition), Gastroenteritis, Nutrition for People with Diabetes Mellitus Dependent on insulin | |
| Week - 13 | | Assessment of Growth. Obesity During Childhood | |
| Week - 14 | | School Age Child and Nutrition. Nutrition During Adolescence | |

## Learning Outcomes

| # | Learning Outcome |
|---|---|
| 1 | Learning outcomes, By the end of these course student, 1. Will be able to express adequate and balanced diet. 1.1. Examines the several concepts of nutrition. 1.2. Explains elements of nutrition. 1.3. Lists rules of adequate and balanced diet. 1.4. Debates whether he/she applies or not learned things for his/her nutritions. 2. Will be able to compose nutrition program for preschool children. 2.1. Examines physiological property of preschool children. 2.2. Examines psychological feature of preschool children. 2.3. Composes menu for prescchool. |

## 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.*