

UNDER-GRADUATE CURRICULUM DETAILS

Course Title: Healthy Nutrition and Nutrition Principles				Code : USD		Name of the Programme: Veterinary Faculty		
Education and Teaching Methods							Credits	
Lecture	Application	Laboratory	Project/ Field Study	Hw.	Other	Total	Credit	ECTS
2	0	0					2+0=0	3
Semester		Autumn/Spring		Language		Turkish/English		
Course Type		Basic Scientific ☐	Scientific ☐	Technical Elective ☐		Social Elective ☒		
Course Contents		General Principles of human nutrition, Food chemistry; Nutrient contents of foods; nutrition; Alternative solution to nutrition problems, Nutrient technologies, Cooking technologies, Nutrient, hygiene and environmental health in common nutrition foundations, dry nutrition health. Basic nutrients types, amounts, properties and duties; Nutrient contents, physical and chemical properties; common nutrition problems and solutions; Nutrition in Sickness. Distinguishing of foods according to nutrient contents.						
Course Objectives		To teach students about balanced feeding and allow them to apply these in the kitchen by giving fundamental knowledge about food chemistry, food technologies, corporate feeding, hygiene and environmental health, food elements and food compositions						
Learning Outcomes and Competences								
Textbook and /or References		Beslenme & Sağlıklı Yaşam, Tayar, M., Haşıl Korkmaz, N., Akmat, 2004.						
ASSESSMENT CRITERIA								
Theoretical Courses			Project Course and Graduation Study					
	If any, mark as (X)	Percent (%)		If any, mark as (X)	Percent (%)			
Midterm Exams		40						
Quizzes								
Homeworks								
Term Paper (Projects, reports,)								
Laboratory Work								
Final Exam		60						
Other								
Week	Subjects							
1	Nutrition							
2	Nutrient contents							
3	Duties in nutrients, importance of nutrition, energy in terms of nutrition, basal metabolism							
4	Proteins (duties of proteins, necessity of protein, protein sources, methods for determination of protein values, storage and absence of protein)							
5	Carbohydrates (figures, digestion, absorption and storage, application, duties, daily necessity of carbohydrates, sweeteners except sugar)							
6	Lipids, functions of lipids, necessity of lipids, digestion of lipids, absorption of lipids, transport of lipid in blood							
7	Lipids, functions of lipids, necessity of lipids, digestion of lipids, absorption of lipids, transport of lipid in blood							
8	Importance of vitamin in nutrition							
9	Physiological importance of mineral materials, importance and duties of calcium, phosphorus, iron, magnesium							
10	Midterm exam							

11	Nutrition of childrens, youngs, adults
12	Nutrition and health-community relation, principles of nutrition, insufficient nutrition problems
13	Definition and propertions of nutrition foundations, quality control applications standardizations of food
14	Prevent the loss during foods preparations
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