

ECTS COURSE DESCRIPTION FORM

PART I (Senate Approval)

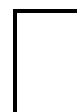
Offering School	Antalya Bilim University - Faculty of Health Sciences		Offering Department	Department of Nutrition and Dietetics	
Program(s) Offered to	Department of Nutrition and Dietetics	<input checked="" type="checkbox"/>		<input type="checkbox"/>	
Course Name	Healthy Food Choice		Course Code	BES110	
Level of Course	Undergraduate		Type of Course	Elective	
Language of Instruction	Turkish		ECTS Credits	3	
Hours per Week	Lecture: 2	Practical:	Studio:		
	Laboratory:	Recitation:	Other:		
Pre-requisites	None		Co-requisites	None	
Registration Restriction	None		Grading Mode	Letter Grade	
Educational Objective	The aim of this course is to teach the importance of food choice, the factors affecting food choice (physical, social, psychological and biological) and models that will guide society				
Course Description	The effect of food choice on health, mechanisms that affect food choice, and economic, psychological and social factors. Healthy food selection in different groups. Models developed for the society to make healthy food choices.				
Learning Outcomes	LO1	To be able to comprehend the mechanisms of hunger, taste and appetite that are effective in food selection and the interaction between them.			
	LO2	To be able to comprehend the economic, psychological and social factors that are effective in food selection.			
	LO3	To be able to comprehend the models developed for individuals to make healthy choices in food selection.			
	LO4	Learning the effect of healthy food choice on general health status			
	LO5				
	LO6				
	LO7				

PART II (Faculty Board Approval)

		Program Outcomes							
		LO1	LO2	LO3	LO4	LO5	LO6	LO7	
Basic Outcomes (University-wide)	PO1	Ability to communicate effectively with oral, written and visual methods, report writing and presentation.	✓	✓	✓	✓			
	PO2	Ability to work effectively both individually and in disciplinary and multi-disciplinary teams.	✓	✓	✓	✓			
	PO3	Awareness of the necessity of lifelong learning and the ability to access information, to follow developments in science and technology, and to constantly renew itself.	✓	✓	✓	✓			
	PO4	Information about project management, risk management, innovation and change management, entrepreneurship, and sustainable development.	✓			✓			
	PO5	Awareness about sectors and ability to prepare business plans.		✓	✓				
	PO6	Awareness of professional and ethical responsibility and acting in accordance with ethical principles.	✓	✓	✓	✓			
Faculty Specific Outcomes	PO7	To have universal thoughts and values	✓		✓	✓			
	PO8	To be committed to academic and ethical values,	✓		✓				
	PO9	To provide qualified education, research and consultancy services at universal information and technology standards	✓	✓	✓	✓			
Program Specific Outcomes	PO10	To be open to new goals, strategies and action plans that will take undergraduate and graduate education / training programs and scientific studies further	✓	✓	✓	✓			
	PO11	To support, maintain and increase interdisciplinary / multidisciplinary studies in the services provided.	✓			✓			
	PO12	To contribute and develop health policies for the benefit of the country.	✓						
	PO13	Explains the theoretical knowledge about basic medicine and clinical sciences with the main lines and relates them to Nutrition and Dietetics.	✓	✓	✓	✓			
	PO14	Applies Nutrition and Dietetics assessment methods, analyzes and interprets theoretical knowledge by associating		✓	✓	✓			
	PO15	Plans and implements the individual Nutrition and Dietetics program		✓	✓				
	PO16	Records and archives assessment and treatment data	✓	✓	✓				
	PO17	Plans, conducts and presents a scientific research							
	PO18	Has effective communication skills	✓	✓	✓	✓			
	PO19	Defines professional duties and responsibilities legally and applies them within the framework of ethical principles.				✓			
	PO20	Has lifelong learning skills related to the profession	✓	✓	✓	✓			
	PO21	Can use foreign language effectively to follow professional developments							
	PO22	Knows and applies quality, occupational health and safety issues related to the profession	✓	✓	✓	✓			

PART III (Department Board Approval)

	Subject	Week	Details of Course Contents				LO1	LO2	LO3	LO4	LO5	LO6	LO7
	Course Contents, Contribution of Course Contents to Learning Outcomes, and Methods for Assessing Learning of Course Contents	S1	1	The importance of food choice in a balanced diet				D1-D4	D1-D4	D1-D4	D1-D4		
S2		2	Biological factors affecting food choice (hunger, appetite, taste, etc.), appetite mechanism and food choice				D1-D4	D1-D4	D1-D4	D1-D4			
S3		3	Human taste perceptions and food choice (sweet, salty, sour and bitter tastes-food choice), genetic markers of taste				D1-D4	D1-D4	D1-D4	D1-D4			
S4		4	Economic factors affecting food choice (cost, price, availability of food, etc.)				D1-D4	D1-D4	D1-D4	D1-D4			
S5		5	Physical factors affecting food choice (accessibility, education, cooking skills, etc.)				D1-D4	D1-D4	D1-D4	D1-D4			
S6		6	Social factors affecting food choice (culture, family, friends, meal order, etc.)				D1-D4	D1-D4	D1-D4	D1-D4			



Course Contents									
S7	7	Psychological factors affecting food choice (emotional state, stress, etc.)	D1-D4	D1-D4	D1-D4	D1-D4			
S8	8	Midterm exams	D1-D4	D1-D4	D1-D4	D1-D4			
S9	9	Food neophobia	D1-D4	D1-D4	D1-D4	D1-D4			
S10	10	Factors affecting food choice when purchasing food, food labels, consumer education	D1-D4	D1-D4	D1-D4	D1-D4			
S11	11	Food choice for special situations (elderly, pregnant, lactating, sportsman, vegetarian)	D1-D4	D1-D4	D1-D4	D1-D4			
S12	12	Food choice in childhood	D1-D4	D1-D4	D1-D4	D1-D4			
S13	13	Food selection and taste in obesity	D1-D4	D1-D4	D1-D4	D1-D4			
S14	14	Food choice and eating disorders	D1-D4	D1-D4	D1-D4	D1-D4			
Assessment Methods, Weights in Grading Scheme, Implementation and Make-Up Rules	No	Type	Weight	Implementation Rule			Make-Up Rule		
	A1	Exam-Final Jury, Final Project	60%	One final exam is applied. Exam dates are announced by the faculty.			ABU's relevant regulation is applied.		
	A2	Quiz							
	A3	Homework							
	A4	Midterm	40%	One final exam is applied. Exam dates are announced by the faculty.			ABU's relevant regulation is applied.		
	A5	Project							
	A6	Presentation							
	A7	Attendance/Interaction							
	A8	Class/Lab./							
	A9	Others							
		TOTAL	100%						
Evidence of Achievement of Learning Outcomes	At least one question from each subject is asked during the exams. A weighted average is calculated for each student based on the percentage of each assessment method. Students are required to collect a minimum score over 100, which is announced by the instructor, to pass the course. This score is determined based on class average.								
Method for Determining Letter Grade	Direct Conversion System ("DDS" in the regulation.)		<input checked="" type="checkbox"/>	Relative Evaluation ("BDS" in the regulation.)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	A different method/system, not listed above, determined by the Faculty Member/ Instructor (This method is explained below)								
	Success Grade Range	Letter Success Note	Success Coefficient	Success Assessment					
	95-100	A+	4	Successful					
	85-94	A	4	Successful					
	80-84	B+	3,3	Successful					
	75-79	B	3	Successful					
	65-74	B-	2,7	Successful					
	60-64	C+	2,3	Successful					
	55-59	C	2	Successful					
50-54	C-	1,7	Pass						
45-49	D+	1,3	Unsuccessful						
40-44	D	1	Unsuccessful						
0-39	F	0	Unsuccessful						
Teaching Methods, Student Work Load	No	Method	Explanation	Total Hours					
	Time expected to be allocated by instructor								
	1	Lecture	Lesson topics are explained by writing on the board or with a computer presentation. Sample questions are solved during the lesson.	28					
	2	Interactive Lecture							
	3	Recitation							
	4	Laboratory							
	5	Practical							
	6	Field Work							
	Time expected to be allocated by student								
	7	Project							
	8	Homework		28					
	9	Pre-class Learning of Course Material	New topics are learned before being taught in the classroom.	14					
	10	Review of Course Material	Topics are repeated to prepare for exams and assignments.	14					
11	Studio								
12	Office Hour	One-on-one meeting with the lecturer							
Calculated ECTS Credit(s)		Max.	Min.	Grand Total		84			
IV. PART									
Instructor	Name Surname								
	E-mail								
	Phone Number								
	Office Number								
Course Materials	Mandatory								
	Recommended								
Other	Scholastic Honesty		Violations of scholastic honesty include, but are not limited to cheating, plagiarizing, fabricating information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. Any form of scholastic dishonesty is a serious academic violation and will result in a disciplinary action. It is explained in Article 25 of the Directive on Associate and Undergraduate Programs of Antalya Bilim University.						
	Students with Disabilities		Reasonable accommodations will be made for students with verifiable disabilities.						
	Safety Issues		The course does not require any special security measures.						
	Flexibility		During the course, situations may arise that prevent him from fulfilling every component of the curriculum, and therefore the curriculum may change. Students will be informed before any changes are made.						