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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ABU_KKK_01-15.jpg** | | | | | **ECTS Course Description Form** | | | | | | | | | | | | | | |
| **PART I ( Senate Approval)** | | | | | | | | | | | | | | | | | | | |
| **Offering School** | *Tourism Faculty* | | | | | | | | | | | | | | | | | | |
| **Offering Department** | *Gastronomy and Culinary Arts* | | | | | | | | | | | | | | | | | | |
| **Program(s) Offered to** | *Gastronomy and Culinary Arts* | | | | | | | | | | | | | *Must* | | | | | |
|  | | | | | | | | | | | | |  | | | | | |
|  | | | | | | | | | | | | |  | | | | | |
| **Course Code** | *GAST 103* | | | | | | | | | | | | | | | | | | |
| **Course Name** | *Nutrition* | | | | | | | | | | | | | | | | | | |
| **Language of Instruction** | *English* | | | | | | | | | | | | | | | | | | |
| **Type of Course** | *Lecture* | | | | | | | | | | | | | | | | | | |
| **Level of Course** | *Undergraduate* | | | | | | | | | | | | | | | | | | |
| **Hours per Week** | **Lecture: 3** | | | | | **Laboratory:** | | | | **Recitation:** | | **Practical:** | | | **Studio:** | | **Other:** | | |
| **ECTS Credit** | *4* | | | | | | | | | | | | | | | | | | |
| **Grading Mode** | *Letter Grade* | | | | | | | | | | | | | | | | | | |
| **Pre-requisites** | **na** | | | | | | | | | | | | | | | | | | |
| **Co-requisites** | **na** | | | | | | | | | | | | | | | | | | |
| **Registration Restriction** | *na* | | | | | | | | | | | | | | | | | | |
| **Educational Objective** | *The aim is both to teach the students about nutritional science and its principles, healthy foods and special diets and to orient students to apply this nutrition knowledge to food and beverage preparation, menu planning, and recipe modification in the context of a food-service operation.* | | | | | | | | | | | | | | | | | | |
| **Course Description** | *This course closely examines the characteristics, sources and the role of basic nutrients (protein, carbohydrates, lipids, vitamins, and minerals) in the body. It develops students’ understanding of nutritional concepts such as calories, healthy eating, special diets (e.g. low calorie, low sodium, gluten-free etc.), ethical choices, balanced diets, weight management, serving size, nutrition labelling including nutrition and health claims. Having built upon the students’ foundational nutritional skills and knowledge, the development and modification of menus and recipes are discussed for healthier and more nutritious cooking, as well as handling customers’ special nutrition requests in a commercial setting in the hospitality industry. The course also encourages students to apply the knowledge to evaluate emerging topics and trends in nutrition research and news articles.* | | | | | | | | | | | | | | | | | | |
| **Learning Outcomes** | **LO1** | | | *Explain what nutrition is and the importance of nutrition both in general and in the role of a food service professional.* | | | | | | | | | | | | | | | |
| **LO2** | | | *Identify and explain the functions of macro and micro nutrients (proteins, carbohydrates, fats, vitamins and minerals, fibre).* | | | | | | | | | | | | | | | |
| **LO3** | | | *Apply the principles of nutrition to modify recipes for healthier options.* | | | | | | | | | | | | | | | |
| **LO4** | | | *Interpret information (e.g. nutrition, nutrition and health claims) on a food label to identify and compare the nutritional value of a variety of food products.* | | | | | | | | | | | | | | | |
| **LO5** | | | *Distinguish between food allergies and food intolerance.* | | | | | | | | | | | | | | | |
| **LO6** | | | *Evaluate research and news articles for reliable nutrition information and write term paper/reports about them.* | | | | | | | | | | | | | | | |
| **LO7** | | | *Recognize the nutritional needs of a customer in a food service operation.* | | | | | | | | | | | | | | | |
| **PART II ( Faculty Board Approval)** | | | | | | | | | | | | | | | | | | | |
| **Basic Outcomes (University-wide)** | | **No.** | **Program Outcomes** | | | | | | | | | | **LO1** | **LO2** | **LO3** | **LO4** | **LO5** | **LO6** | **LO7** |
| **PO1** | **Ability** to communicate effectively and write and present a report in Turkish and English. | | | | | | | | | |  |  |  |  |  | **X** |  |
| **PO2** | **Ability** to work individually, and in intra-disciplinary and multi-disciplinary teams. | | | | | | | | | |  |  |  | **X** |  |  |  |
| **PO3** | **Recognition** of the need for life-long learning and **ability** to access information , follow developments in science and technology, and continually reinvent oneself. | | | | | | | | | | **X** |  |  |  |  | **X** |  |
| **PO4** | **Knowledge** of project management, risk management, innovation and change management, entrepreneurship, and sustainable development. | | | | | | | | | |  |  | **X** |  |  |  |  |
| **PO5** | **Awareness** of sectors and **ability** to prepare a business plan. | | | | | | | | | |  |  |  |  |  |  |  |
| **PO6** | **Understanding** of professional and ethical responsibility and **demonstrating** ethical behavior. | | | | | | | | | |  |  |  |  | **X** |  | **X** |
| **Faculty Specific Outcomes** | | **PO7** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO8** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO9** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO10** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO11** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO12** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **Discipline Specific Outcomes (program)** | | **PO13** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO14** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO15** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO16** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO17** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PO18** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **Specialization Specific Outcomes** | | **PO N….** |  | | | | | | | | | |  |  |  |  |  |  |  |
| **PART III ( Department Board Approval)** | | | | | | | | | | | | | | | | | | | |
| **Course Subjects, Contribution of Course Subjects to Learning Outcomes, and Methods for Assessing Learning of Course Subjects** | | **Subjects** | **Week** | | | |  | | | | | | **LO1** | **LO2** | **LO3** | **LO4** | **LO5** | **LO6** | **LO7** |
| **S1** | 1 | | | | *Introduction and Orientation: Discuss the Syllabus.* | | | | | |  |  |  |  |  |  |  |
| **S2** | 2 | | | | *Introduction to Nutrition* | | | | | | A1, A2 |  |  |  |  |  |  |
| **S3** | 3 | | | | *Using dietary recommendations, food guides and food labels to plan menus and interpretation of the information on food labels* | | | | | |  |  |  | A1,A2 | A1,A2 |  |  |
| **S4** | 4 | | | | *Carbohydrates* | | | | | |  | A1,A2 |  |  |  |  |  |
| **S5** | 5 | | | | *Fats and oils* | | | | | |  | A1,A2 |  |  |  |  |  |
| **S6** | 6 | | | | *Protein* | | | | | |  | A1,A2 |  |  |  |  |  |
| **S7** | 7 | | | | *Vitamins* | | | | | |  | A1,A2 |  |  |  |  |  |
| **S8** | 8 | | | | *Water and Minerals* | | | | | |  | A1,A2 |  |  |  |  |  |
| **S9** | 9 | | | | *Balanced Cooking Methods and techniques* | | | | | |  |  | A1,A2 |  |  |  |  |
| **S10** | 10 | | | | *Recipe makeovers and balanced menus* | | | | | |  |  | A1,A2 |  |  |  |  |
| **S11** | 11 | | | | *Handling customers’ special nutrition requests* | | | | | |  |  |  |  | A1,A2 |  | A1,A2 |
| **S12** | 12 | | | | *Weight management and nutrition for all ages* | | | | | | A1,A2 |  |  |  |  |  |  |
| **S13** | 13 | | | | *Presentation of term papers* | | | | | |  |  |  |  |  | A5,A6 |  |
| **S14** | 14 | | | | *Presentation of term papers* | | | | | |  |  |  |  |  | A5,A6 |  |
| **Assessment Methods, Weight in Course Grade, Implementation and Make-Up Rules** | | **No.** | **Type** | | | | | | **Weight** | | **Implementation Rule** | | | **Make-Up Rule** | | | | | |
| **A1** | **Exam** | | | | | | *30%*  *40%* | | *Midterm*  *Final* | | | - | | | | | |
| **A2** | **Quiz** | | | | | | *5%*  *5%* | | *Quiz 1*  *Quiz 2* | | | - | | | | | |
| **A3** | **Homework** | | | | | | *10%* | | - | | | - | | | | | |
| **A4** | **Project** | | | | | | - | | - | | | - | | | | | |
| **A5** | **Report** | | | | | | - | | - | | | - | | | | | |
| **A6** | **Presentation** | | | | | | *10%* | | - | | | - | | | | | |
| **A7** | **Attendance/ Interaction** | | | | | | - | | - | | | - | | | | | |
| **A8** | **Class/Lab./**  **Field Work** | | | | | | - | | - | | | - | | | | | |
| **A9** | **Other** | | | | | | - | | - | | | - | | | | | |
| **TOTAL** | | | | | | | **100%** | | | | | | | | | | |
| **Evidence of Achievement of Learning Outcomes** | | Via discussions throughout the lectures (students’ ability to develop an argument and use evidence to support it), exams, student presentations, student term paper | | | | | | | | | | | | | | | | | |
| **Method for Determining Letter Grade** | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Total Points | 100 | 100-90 | 89-87 | 86.-84 | 83-80 | 79-77 | 76-74 | 73-70 | 69.-67 | 66.-64 | 63-60 | 59-0 | | Letter Grade | A+ | A | A- | B+ | B | B- | C+ | C | C- | D+ | D | F | | Value | 4.00 | 4.00 | 3.70 | 3.30 | 3.00 | 2.70 | 2.30 | 2.00 | 1.70 | 1.30 | 1.00 | 0.00 | | | | | | | | | | | | | | | | | | |
| **Teaching Methods, Student Work Load** | | **No** | **Method** | | | | | **Explanation** | | | | | | | | | **Hours** | | |
| ***Time applied by instructor*** | | | | | | | | | | | | | | | | | |
| **1** | **Lecture** | | | | | Preparation for the lecture notes, slides etc | | | | | | | | | 12x3=36 | | |
| **2** | **Interactive Lecture** | | | | | Delivering presentations for the lectures | | | | | | | | | 12x3=36 | | |
| **3** | **Recitation** | | | | | - | | | | | | | | | - | | |
| **4** | **Laboratory** | | | | | - | | | | | | | | | - | | |
| **5** | **Practical** | | | | | - | | | | | | | | | - | | |
| **6** | **Field Work** | | | | | - | | | | | | | | | - | | |
| ***Time expected to be allocated by student*** | | | | | | | | | | | | | | | | | |
| **7** | **Project** | | | | | - | | | | | | | | | - | | |
| **8** | **Homework** | | | | | Writing a term paper and preparing a presentation | | | | | | | | | 1x6=6 | | |
| **9** | **Pre-class Learning of Course Material** | | | | | - | | | | | | | | | 12x1=12 | | |
| **10** | **Review of Course Material** | | | | | - | | | | | | | | | 12x2=24 | | |
| **11** | **Studio** | | | | | - | | | | | | | | |  | | |
| **12** | **Office Hour** | | | | | - | | | | | | | | | 2x12=24 | | |
| **TOTAL** | | | | | | 138 | | | | | | | | | | | |
| **IV. PART** | | | | | | | | | | | | | | | | | | | |
| **Instructor** | | **Name** | | | | | |  | | | | | | | | | | | |
| **E-mail** | | | | | |  | | | | | | | | | | | |
| **Phone Number** | | | | | |  | | | | | | | | | | | |
| **Office Number** | | | | | |  | | | | | | | | | | | |
| **Office Hours** | | | | | |  | | | | | | | | | | | |
| **Course Materials** | | **Mandatory** | | | | | |  | | | | | | | | | | | |
| **Recommended** | | | | | |  | | | | | | | | | | | |
| **Other** | | **Scholastic Honesty** | | | | | | Any form of academic dishonesty, cheating, copying or plagiarizing, is prohibited. | | | | | | | | | | | |
| **Students with Disabilities** | | | | | |  | | | | | | | | | | | |
| **Safety Issues** | | | | | |  | | | | | | | | | | | |
| **Flexibility** | | | | | |  | | | | | | | | | | | |