



Eskişehir Osmangazi University
Faculty of Tourism
Gastronomy and Culinary Arts Course Information Form

Term	Spring						
COURSE CODE	271212016	COURSE NAME	Principles of Nutrition				
SEMESTER	WEEKLY COURSE HOURS			COURSE			
	Theoretical	Practice	Laboratory	Credits	ECTS	Type	Language
II	3	0	0	3	7	CORE (X) ELECTIVE ()	Turkish
COURSE CATEGORY							
Supportive Courses	Basic Vocational		Proficiency/Field	Human, Communication, and Management Skills		Transferable Skills	
	X						
ASSESSMENT CRITERIAS							
DURING TERM	Activity			Number		Percentage (%)	
	I. Mid-Term			1		40	
	II. Mid-Term						
	Quiz						
	Homework						
	Project						
	Report						
Other (.....)							
FINAL EXAM				1		60	
PREREQUISITE(S) (IF ANY)							
COURSE CONTENT				Starting from the importance of adequate and balanced nutrition, learning nutrition and nutrition groups and preparing menus; It consists of topics to raise awareness for those who need special nutrition.			
COURSE OBJECTIVES				To ensure that students learn about basic nutrition principles			
CONTRIBUTION OF THE COURSE TO THE VOCATIONAL TRAINING				Students taking this course gain important knowledge about healthy and balanced nutrition, both personally and professionally, and improve their skills in preparing professional menus and grouping foods according to their nutritional values.			
COURSE OUTCOMES				Students who successfully complete this course explain the importance of nutrition on growth, development and health; Can list food groups, have information about diseases caused by malnutrition, and prepare menus for those with various needs.			
TEXTBOOK(S)				Beslenme ve Diyet Eğitimi AÖF 2018			
SUPPORTIVE RESOURCES				Beslenme ve Diyet Ayşe Baysal Beslenme ve Diyet İlkeleri Haydar Özpınar Beslenme İlkeleri ve Menü Planlama Sıdıka Bulduk			
EQUIPMENTS REQUIRED							

COURSE OUTLINE	
WEEK	SUBJECTS
1	Nutrition and Today's Nutrition Trends
2	The Importance of Nutrition and General Concepts
3	Essential Nutrients 1 (Proteins, Fats)
4	Essential Nutrients 2 (Carbohydrates)
5	Vitamins 1 (A,D,E,K)
6	Vitamins 2 (group B and C)
7	The Importance of Water and Minerals in Nutrition
8	Energy Value of Foods
9	Major Food Groups
10	Nutrition in Special Situations 1
11	Nutrition in Special Situations 2
12	Functional Nutrition
13	Principles of preparing, chopping, cooking and storing food
14	Nutritional Safety and Supplements
15/16	Final Exam

No.	OUTCOMES	3	2	1
1	Knows and applies concepts, principles and theories in the field of gastronomy and culinary arts.		X	
2	Have knowledge about nutrition principles and food science.	X		
3	Demonstrates reading, comprehension, speaking and writing skills in a second foreign language at least at the European Language Portfolio B2 general level.			X
4	Communicates effectively in writing, verbally and non-verbally and demonstrates presentation skills.			X
5	Defines, analyzes, synthesizes and evaluates information and data in the field of tourism and gastronomy.		X	
6	Knows and applies management theories and practices that can effectively manage a food and beverage business, and acquires entrepreneurial skills.			X
7	Knows social and professional ethical values, evaluates them from a critical perspective and develops appropriate behavior.			X
8	Uses both basic and field-related information and communication technologies and software at an advanced level.			X
9	Gain knowledge about the basic concepts, theories, principles and facts in the field of business and economics.			X
10	Have knowledge about national and international cuisines and apply them.		X	
11	Knows and applies food and beverage cost control, menu planning and pricing.		X	
12	Knows all processes related to food and beverage production, from the purchasing stage to the presentation stage, and solves any problems that may arise during these processes.		X	
13	Knows and applies national and international legal regulations, professional standards, occupational safety and worker health principles related to the field of work.		X	
14	Knows and applies classical and modern production techniques in the field of food and beverage.			X
15	Evaluates food and dishes within the framework of history, geography, culture and nutritional sciences.		X	

1:Never. 2:Few. 3:Many.

Instructor Name : Doç. Dr. Mehmet Sedat İPAR