**Nutrition and Dietetics Course Content**

**BDY 500 Special Topics**

Research planning, data collection and analysis of data, writing thesis in an area selected as master of science with the supervision of a consultant.

**BDY 501 Seminar**

To comment, discuss, report and present recent researches about food, nutrition and dietetic.

**BDY 502 Nutrition Education and Counseling**

Nutrition education programs to raise awareness of the society, selection of educational objectives and messages, Basis of preparation of training modules used in training mothers, pre-school children, school-age children, adolescents, elderly people, pregnant and lactating women,  people with degenerative disease.

**SAY 551 Epidemiology**

Methods to determine the nutritional problems of the society, analyzing problems, generating solutions, nutritional anthropometry, methods used in the analysis of body mass, ood and nutrition policies.

**BDY 551 Special Situations** **Nutrition**

Definitions of situations that require specific nutritional conditions, adjustments to diet periods such as old age pregnancy, lactation, infancy, childhood, adolescence period.

**553 Nutritional Anthropology**

Cross-cultural differences, Factors affecting food cultures, changes in food consumption and nutrition in the practices of the historical process, nutrition in ancient times, Turkish and world cuisine culture of the countries, food preparation and cooking methods, special occasions and nutritional practices.

**BDY 555 Nutritional Chemistry**

Used in the body of nutrients and other bioactive elements, cell structure and intracellular and extracellular fluid and electrolyte balance, energy metabolism, vitamins and minerals placed in energy metabolism, relationship between nutrition and genetic, nutritional deficiencies which affect DNA.

**BDY 557 Management and Organization in Food Service Systems**

Characteristics of the institutions catering, the organizational structure, ob descriptions for staff taking part in the organization and operation, responsibilities of food and beverage service manager, staff training programs, food purchasing, storage, preparation and cooking principles, hygiene and sanitation.

**BDY 559 Enteral-Parenteral Nutrition**

Situations requiring enteral-parenteral nutrition, enteral - parenteral nutrition products, job descriptions of nutrition health care providers involved in enteral-parenteral unit, principles of teamwork.

**BDY 561 Health Care Communication and Ethics**

Communication techniques, communication barriers, The importance of teamwork, strategic planning, corporate governance and promotion of methods to improve communications such as total quality management.

**BDY 563 Globalization and Nutrition**

Definition of Globalization, The effects of globalization nutrition practices, food industry, nutrition policies and their positive or negative effects to nutritional habits, the world food crisis, development of food production technologies, food security activities, organic and hydroponic farming.

**BDY 503 Nutrition in Body** **Weight** **Management**

The causes of obesity and thinness, improved diets for obesity and thinness and their differences, advantages and disadvantages, nutrition principles and application rules of behavior modification therapy

**SAY 512- Biostatistics and Decision-Making**

The basic concepts of statistics/ editing data/ descriptive statistics/ probability distributions/ sampling/ estimation/ hypothesis testing/ regression

**BDY 550 Food** **Drug Interaction**

Fasting and postprandial effect of drug use, pharmaceutical, food and nutrient relations, oods that increase or reduce the impact of drug groups.

**BDY 552 Food** **Quality and Safety**

Definitions and standards of food quality, Subjective and objective methods used for quality control, quality control chain, factors which corrupt food safety, legal regulations.

**BDY 554 Diabetes and Nutrition**

**Classifications and definition and phytopathology and complications of Diabetes Mellitus. Medical therapy of diabetes and drug therapy and insulin therapy for diabetic patients. Exercise therapy and nutrition therapy for diabetic clients. Macronutrients and micronutrients and their effects on glycaemic regulation of diabetic clients. Use of food exchange system and c**arbohydrate counting method.

**BDY 556 Nutrition** **Research Methods and** **Findings** **Assessment**

Methods used in the investigation of the status of food consumption society, methods used in the analysis of the data collected, national and international standards used in the interpretation of the findings.

**BDY 558 Degenerative Diseases** **and Nutrition**

Nutrition of diabetic, coroner and cancer patients, change amounts used in the national and international food and practical measure used in the provision, carbohydrate counting method,

**BDY 560 Hygiene and Sanitation in** **Food Service Systems**

The factors that cause food poisoning, characteristics of the bacteria that cause food infection and food intoxication, The methods used in providing hygiene and sanitation (pasteurization, sterilization, HACCP, etc.), chemical cleaning products used in hygiene and sanitation in the kitchen and mess hall.

**BDY 562 Nutrigenetics**

Definitions of nutrigenomics and nutrigenetics, The structure of DNA, effects of individual characteristics on food choice and metabolism, food allergies, the tests used to determine the nutritional responses of individuals.

**BDY 564 Eating Disorders**

Definitions of eating disorders such as anorexia, bulimia, compulsive eating  and ortorexia; dietary treatment in eating disorders.

**BDY 566 Functional Foods**

Elements found in foods and functions, pre andprobiotic products, genetically modified foods and health, nutritional support products, purposes and uses.