

SYLLABUS
Vocational School

Course Code	Course Title		Credits	ECTS Value
ÇGP 107	MATERNAL AND CHILD NUTRITION		(2-0-2)	6
Prerequisite Courses:	None			
Course Language:	Turkish	Course Delivery Mode:	Face to Face	
Course Type and Level:	Compulsory/Short Cylcle 1st year Spring Semester			
Instructor's Title, Name, and Surname		Course Hours	Office Hours	Contact
Lect: Hülya Ceylan				hceylan@cag.edu.tr
Course Coordinator:				
Course Objectives: To provide knowledge on topics such as maternal and child nutrition (nutrition for children of all age groups, nutrition for pregnant and lactating women, characteristics of breast milk, healthy infant nutrition, characteristics of infant formula, and monitoring growth).				
Course Learning Outcomes	Upon successful completion of this course, the student will be able to;		Relations	
			Program Outcomes	Net Contribution
	1	Describes nutritional characteristics related to pregnancy and lactation.	2, 4, 5,	5,4,4
	2	Plans menus that meet nutritional requirements.	2, 3,4	5,4,4
	3	Explains the importance and content of breast milk in infant (0-1 year) nutrition.	2	5
	4	Evaluates complementary food types, their contents, the timing of their introduction, and problems that arise during complementary feeding practices in infancy (0-1 years).	2, 3, 4	5,5,4
	5	Analyzes nutritional characteristics related to childhood (preschool and school) and adolescence.	1,2, 4	5,5,4
	6	Explains growth and development characteristics.	1, 2	5, 5
Course Content:	This course covers the importance of maternal and child nutrition worldwide and in Turkey, nutrition during pregnancy, nutrition during lactation, nutrition during infancy (0-1 years), and breast milk (0-6 months). Infant nutrition (0-1 years) and complementary feeding (6-12 months), infant nutrition (0-1 years) and cow's milk, formulas, and other commercial products, common nutritional problems in infancy and recommendations, assessment and monitoring of growth and development in infancy, preschool, school age, and childhood, Nutrition in the preschool period, Common nutrition problems and recommendations in the preschool period, Nutrition in the school period, Nutrition in adolescence, Common nutrition problems and recommendations in the school and adolescent periods, Assessment and monitoring of growth in infancy, childhood, and adolescence.			

Course Schedule (Weekly Plan)

Week	Topic	Preparation	Teaching Methods and Techniques
1	The importance of maternal and child nutrition worldwide and in Turkey	Prepare for the relevant topic from the recommended resources	Icebreaker activities, Q&A on what we know about the topic, and summarizing the topic
2	Nutrition during pregnancy	Prepare for the relevant topic from the recommended resources	Obtaining preliminary information from the class and visual presentation
3	Nutrition during breastfeeding	Prepare for the relevant topic from the recommended resources	Obtaining preliminary information from the class and visual presentation
4	Nutrition during infancy (0-1 years) and Breast milk (0-6 months)	Prepare for the relevant topic from the recommended resources	Getting preliminary information from the class and discussing the importance of breast milk in visual presentation and nutrition
5	Infancy (0-1 years) nutrition and (6-12 months) Complementary feeding Common feeding problems during infancy and recommendations	Prepare for the relevant topic from the recommended resources	What we know about complementary foods - information exchange - visual presentation
6	Infancy (0-1 years) nutrition and Cow's milk, formulas, and other commercial products	Prepare for the relevant topic from the recommended resources	Visual presentation and discussion of nutritional elements
7	Common feeding problems during infancy and recommendations	Prepare for the relevant topic from the recommended resources	Examples of nutritional problems - presentation - discussion
8	Midterm Exam		
9	Midterm Exam		
10	Assessment and monitoring of growth and development in infancy, preschool, school age, and childhood	Prepare for the relevant topic from the recommended resources	Explaining the difference between the concepts of growth and development, asking for examples from students and presenting
11	Nutrition in the preschool period	Prepare for the relevant topic from the recommended resources	Narration-Presentation and preparation of sample nutrition lists
12	Common nutritional problems and recommendations in the preschool period	Prepare for the relevant topic from the recommended resources	Presentation of the topic with visuals based on nutrition problems experienced in the classroom
13	Nutrition in the school age period	Prepare for the relevant topic from the recommended resources	Narration-Presentation and preparation of sample nutrition lists
14	Nutrition in adolescence	Prepare for the relevant topic from the recommended resources	Narration-Presentation and preparation of sample nutrition lists
15	Common nutritional problems and recommendations in the school age and	Prepare for the relevant topic from the	Presentation of the topic with visuals based

	adolescent periods	recommended resources	on nutrition problems experienced in the classroom
16	Assessment and monitoring of growth in infancy, childhood, and adolescence	Prepare for the relevant topic from the recommended resources	Comparative discussion of the three periods with examples and summary of the course
17	Final Exam		
18	Final Exam		

Course Resources

Textbook:	Lecture notes, PowerPoint presentation files.
Recommended References:	<p>1- Kleinman, Ronald E., and Frank R. Greer, editors. Pediatric Beslenme. Çeviri editörü Binnur Okan Bakır, 1. baskı, Tıbbi Yayınlar Merkezi, 2021. ISBN 978-6057008084.</p> <p>2- Shaw, Vanessa. Klinik Pediatric Beslenme. 2019. ISBN 6057578244.</p> <p>3- Sonnevile, Kendrin, and Christopher Duggan. Pediatric Beslenme. Çeviri editörü Ülkü Demirci, 5. baskı, Kongre Kitabevi, 2023. xiv + 884 s. ISBN 978-625-4448270. (Orijinal eser: Manual of Pediatric Nutrition).</p> <p>4-Samour, Patricia Queen. Pediatric Beslenmenin Esasları. Çeviri editörü Gülhan Samur, 1. baskı, Nobel Akademik Yayıncılık, 2016. ISBN 978-6053204923. 79.</p>

Course Assessment and Evaluation

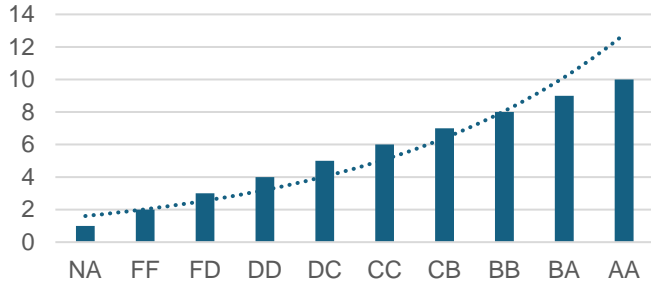
Activities	Number	Percentile	Notes
Midterm Exam		%30	Written Exam
Project			
Assignment		%10	Preparing a sample nutrition program
Presentation			
Portfolio			
Final		%60	Written exam

ECTS Table

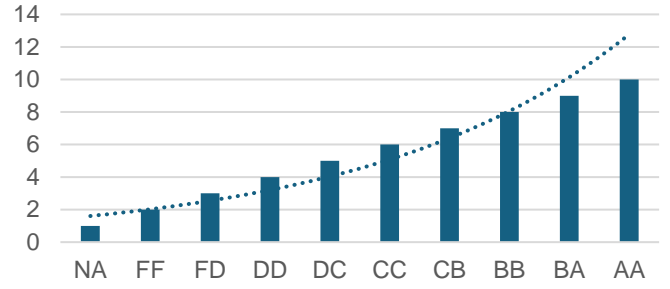
Content	Number	Hours	Total
Course Duration	14	2	28
Out-of-Class Study	14	4	56
Assignment	1	26	26
Presentation			
Project			
Midterm Exam (Midterm Exam Duration + Midterm Exam Preparation)	1	28	28
Final Exam (Final Exam Duration + Final Exam Preparation)		34	32
Total:			170
Total / 30:			170/30=5,6 =6
ECTS Credit:			6

Past Term Achievements

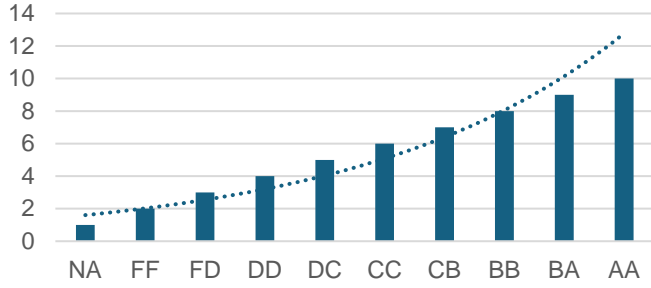
2024-2025 Fall Semester
Course Code and Name



2024-2025 Spring Semester
Course Code and Name



2025-2026 Fall Semester
Course Code and Name



2025-2026 Spring Semester
Course Code and Name

