



— İSTANBUL —
OKAN ÜNİVERSİTESİ

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION AND DIETETICS



Orientation Handbook



**Istanbul Okan University
Tuzla Campus**

Address: Tepeören Neighborhood, Tuzla Campus, Istanbul Okan University, 34959
Tuzla/Istanbul, Türkiye



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In our country and around the world, a multidisciplinary approach is adopted in services aimed at protecting and improving the health of individuals and society in fields such as education, healthcare, social services, and many others. Accordingly, practices are planned and implemented within this framework.

Within these teams, Nutrition and Dietetics professionals (Dietitians) play a critical role in the planning, implementation, and monitoring of nutrition across all stages of life, from healthy individuals to those with special needs.

In terms of ensuring the healthy development of society, preventing diseases, and improving quality of life, the need for dietitians in preventive, therapeutic, and rehabilitative healthcare services is steadily increasing. Graduates of the Department of Nutrition and Dietetics serve as an indispensable part of the healthcare team, working in hospitals, community health centers, schools, the food industry, mass catering systems, research and development units, and consultancy fields.

In Türkiye, many universities affiliated with the Council of Higher Education (YÖK) offer undergraduate programs in Nutrition and Dietetics. The most up-to-date and official information about these programs can be accessed through the YÖK Atlas platform.

➤ <https://yokatlas.yok.gov.tr/lisans-anasayfa.php>



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Istanbul Okan University, Faculty of Health Sciences,
Department of Nutrition and Dietetics;

The department started its education in the 2011-2012 academic year with the Turkish program. The curriculum was revised in the 2017-2018 academic year, and education has been continuing with the updated program since the 2018–2019 academic year.

Students are admitted to the department through the YKS (Higher Education Institutions Exam) - Quantitative (SAY) score type.

In addition, within the Institute of Graduate Education, the department offers Master's (thesis and non-thesis) and PhD programs in Nutrition and Dietetics



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FACULTY OF HEALTH SCIENCES DEPARTMENT OF NUTRITION AND DIETETICS

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Our Vision

To be a respected and leading academic unit in the field of Nutrition and Dietetics, recognized at both national and international levels, with a strong capacity for scientific production; integrating evidence-based nutrition approaches into public health, clinical practice, and everyday life; generating and translating scientific knowledge into practice for the prevention and management of nutrition-related health risks; and prioritizing the protection and promotion of health throughout all stages of life.

Our vision also encompasses being committed to ethical values, fostering innovation, promoting interdisciplinary collaboration, and contributing scientifically to public health and sustainable nutrition policies.



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Our Mission

In the field of Nutrition and Dietetics, our mission is to educate competent dietitians and researchers who contribute to the protection and promotion of health at all stages of life by embracing evidence-based knowledge production, education grounded in ethical values, and a commitment to community service.

We aim to develop preventive, protective, and therapeutic approaches to address individual and societal nutrition-related problems; to conduct interdisciplinary research in the areas of clinical nutrition, public health nutrition, and sustainable nutrition; and to translate scientific outputs into practice and policy-making processes, thereby making lasting contributions to public health.



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FACULTY OF HEALTH SCIENCES DEPARTMENT OF NUTRITION AND DIETETIC

Our Objective

Our objective in the field of Nutrition and Dietetics is to carry out high-quality education, research, and practice aimed at protecting and improving the health of individuals and society at all stages of life, in line with the principles of evidence-based nutrition science.

We strive to generate scientific knowledge in the areas of clinical nutrition, public health nutrition, and sustainable nutrition, and to translate this knowledge into practice. Furthermore, we aim to educate competent dietitians who are committed to ethical values and capable of critical thinking, contributing to the prevention and management of nutrition-related diseases, and to provide scientific contributions at both national and international levels for the advancement of nutrition-based health approaches.

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Our Department Aims to Graduate Dietitians Who:

- ✓ Can provide guidance to individuals, families, and society in the field of health through contemporary approaches and up-to-date scientific knowledge,
 - ✓ Are able to continuously renew themselves and sustain their professional development in line with the evolving nutritional needs of society,
 - ✓ Possess effective communication skills and the ability to think critically and analytically,
 - ✓ Are creative, productive, research-oriented, and responsible,
 - ✓ Approach individuals at every stage of life with respect, care, and professional sensitivity within the framework of ethical principles,
 - ✓ Are patient, solution-oriented, and inclined toward teamwork,
 - ✓ Have strong professional competence, scientific background, and a sense of social responsibility,
- and thus contribute as qualified dietitians to public health and professional practice.



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Dietitian;

A dietitian is a healthcare professional who graduates from undergraduate programs of Faculties of Health Sciences providing education in the field of Nutrition and Dietetics, and who is responsible for the assessment, planning, implementation, and monitoring of nutritional status at every stage of life, starting from pregnancy, in order to improve the health status and quality of life of individuals and society.

Dietitians develop evidence-based nutrition programs for healthy individuals as well as for those at risk of disease or with existing health conditions; and they plan and implement nutrition services in clinical settings, community health, institutions, and mass catering systems.

In addition, they provide nutrition education and counseling services to individuals, families/caregivers, healthcare professionals, and the wider community.



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**In Our Education Program,
covering all stages of life, students are provided with courses such as:**

- ✓ Nutrition and Nutritional Sciences,
- ✓ Nutritional assessment, anthropometry, and diet planning,
- ✓ Clinical nutrition and nutrition therapy in diseases,
- ✓ Maternal, child, adolescent, adult, and elderly nutrition,
- ✓ Community nutrition and public health,
- ✓ Food safety, hygiene, and sanitation,
- ✓ Mass catering systems and institutional food service management,
- ✓ Food chemistry, food microbiology, and food analysis,
- ✓ Sports nutrition, functional foods, and current nutrition approaches,
- ✓ Nutrition psychology and behavior change,
- ✓ Nutrition education, counseling, and ethics,
- ✓ Research methods and graduation project,

In addition to these theoretical courses, our students are provided with opportunities during the Fall, Spring, and Summer semesters to gain observation, practical training, and professional experience in hospitals, community health centers, mass catering institutions, and related fields.



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Our Practice Areas;

- ✓ Istanbul Okan University Hospital,
- ✓ Public hospitals affiliated with the Istanbul Provincial Directorate of Health,
- ✓ Private hospitals and university hospitals,
- ✓ Community Health Centers and Family Health Centers,
- ✓ Schools and educational institutions (school nutrition programs),
- ✓ Institutions providing mass catering services (dormitories, cafeterias, industrial kitchens),
- ✓ Food industry organizations (production, quality control, and R&D units),
- ✓ Non-governmental organizations (NGOs),
- ✓ Municipalities and related public institutions,
- ✓ Nutrition counseling centers and sports clubs.



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Our Education;

Our education includes both theoretical and practical training components. Theoretical education is conducted face-to-face and interactively in classrooms.

Practical training is carried out in the nutrition and dietetics practice laboratories within the Faculty of Health Sciences, at Istanbul Okan University Hospital, and also in public hospitals (applied through the Career Gate system), private hospitals, community health centers, schools, mass catering institutions, and food industry organizations.

Throughout this process, it is aimed for our students to develop their professional knowledge and skills, gain field experience, and acquire the ability to work within interdisciplinary teams.



In Our Laboratory and Practice Areas;

- ✓ Anthropometric measurements and body composition analyses for the assessment of nutritional status,
- ✓ Diet planning, menu development, and implementation of individualized nutrition programs,
- ✓ Clinical nutrition practices and case-based studies,
- ✓ Applications in maternal, child, adolescent, adult, and elderly nutrition,
- ✓ Planning and implementation of community nutrition and nutrition education programs,
- ✓ Mass catering systems and institutional food service practices,
- ✓ Food safety, hygiene, and sanitation practices,
- ✓ Food preparation, portioning, and presentation techniques,
- ✓ Functional foods and current nutrition approaches,
- ✓ Sports nutrition practices,
- ✓ Nutrition counseling, communication skills, and ethical practices,
- ✓ Applied studies are carried out within the scope of research and the graduation project.



Nutrition Laboratory

- The Nutrition Laboratory is a structured practical environment designed to assess, monitor, and improve individuals' nutritional status through scientific and systematic approaches.
- In this laboratory, students have the opportunity to translate their theoretical knowledge, gained in core areas such as principles of nutrition, food microbiology, and food chemistry, into practice. Supported by general chemistry and related laboratory applications, this educational process enhances students' scientific analysis, observation, and evaluation skills.
- Through case analyses conducted within applied courses, students develop competencies in assessing individual nutritional status, identifying existing problems, and generating appropriate evidence-based solutions.
- The Nutrition Laboratory provides a qualified educational setting that supports students' professional development while strengthening their analytical thinking, evaluation, and clinical decision-making skills.



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Duties, Authorities, and Responsibilities of Dietitians;

Dietitians are healthcare professionals who, within the scope of Law No. 1219 on the Practice of Medicine and Medical Professions and relevant health legislation, are responsible for assessing the nutritional status of individuals and communities, and for delivering nutrition services aimed at the protection and promotion of health, as well as the prevention and treatment of diseases.

Duties:

- To assess the nutritional status of individuals using scientific methods
- To plan and implement appropriate nutrition programs for healthy individuals and patients
- To carry out disease-specific medical nutrition therapy
- To organize nutrition education programs aimed at improving public health
- To supervise menu planning, food production, and hygiene processes in mass catering institutions
- To contribute to the implementation of food safety and quality standards
- To participate in research and development activities in the field of nutrition.

Authorities:

- To assess and document the nutritional status of individuals and communities
- To prepare and implement diet and nutrition programs
- To take an active role in the planning and delivery of nutrition services in healthcare institutions
- To provide education and counseling services

Responsibilities:

- To perform professional practices in accordance with scientific, ethical, and legal principles
- To ensure patient and client safety and confidentiality
- To maintain professional competence by following current scientific developments
- To adapt to and collaborate effectively within multidisciplinary teams.



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Practical Training and Internship Opportunities

Students of the Department of Nutrition and Dietetics are provided with observation and practical training opportunities in the following healthcare institutions:

➤ **In the Nutrition and Dietetics Units of Hospitals:**

Participation in patient nutrition planning, nutritional status assessment, medical nutrition therapy practices, and case follow-up under the supervision of clinical dietitians.

➤ **In Pediatric Units:**

Observation of growth and development monitoring in children and adolescents, anthropometric assessments, preparation of age- and disease-specific nutrition programs, and family counseling practices.

➤ **In Outpatient Clinics:**

Participation in individual nutrition counseling, dietary history taking, evaluation of food consumption records, and follow-up processes.

➤ **In Neonatal and Intensive Care Units:**

Observation of enteral and parenteral nutrition practices, nutrition planning for individuals with special nutritional needs, and clinical decision-making processes within the healthcare team.

- **In Community Health Centers, Private Hospitals, and Rehabilitation Centers:**
Gaining field experience in community nutrition within preventive healthcare services, nutritional management of chronic diseases, and multidisciplinary teamwork.

Within the Scope of Mass Catering Systems (MCS), students are also provided with observation and practical training opportunities in the following settings:

- **In Food Service Units of Hospitals, Public Institutions, and Private Organizations:**
Observation of planning, implementation, and supervision of mass catering services, including menu planning processes and service flow.
- **In Institutional Kitchens (such as schools, dormitories, factories, nursing homes, etc.):**
Preparation of balanced and adequate menus for different age groups and individuals with special needs, as well as portioning and food presentation practices.
- **In Food Production and Catering Companies:**
Monitoring and evaluation of processes from procurement to service, including purchasing, storage, production, and distribution stages.
- **In Food Safety and Quality Management Applications:**

Participation in HACCP systems, hygiene and sanitation practices, prevention of cross-contamination, personnel hygiene, and quality control processes.

➤ **In Cost Control and Management Processes:**

Observation of procurement planning, inventory tracking, waste control, cost calculation, and efficiency analyses.

➤ **Within Multidisciplinary Teamwork in Mass Catering Systems:**

Gaining field experience in organization, management, and supervision processes by working alongside dietitians, food engineers, managers, and kitchen staff.



Academic Staff of the Department of Nutrition and Dietetics

Prof. Dr. Osman ERKMEN
(head of departmentı)

Prof. Dr. Ayşe Aslı Barla Demirkoz

Assoc. Prof. Dr. Berrak Dumlupınar

Assist.Prof.Dr. Aylin Seylam Küşümler

Assist. Prof. Dr. Bartu Eren Güneşliol

Assist. Prof. Dr. Funda Şensoy

Assist. Prof. Dr. İrem Karamollaoğlu

Assist. Prof. Dr. Pınar Polat

Assist. Prof. Dr. Ömer Ç. Demir

Lecturer Güleyfe Beyza Yıldırım

Lecturer Ayça Aydın

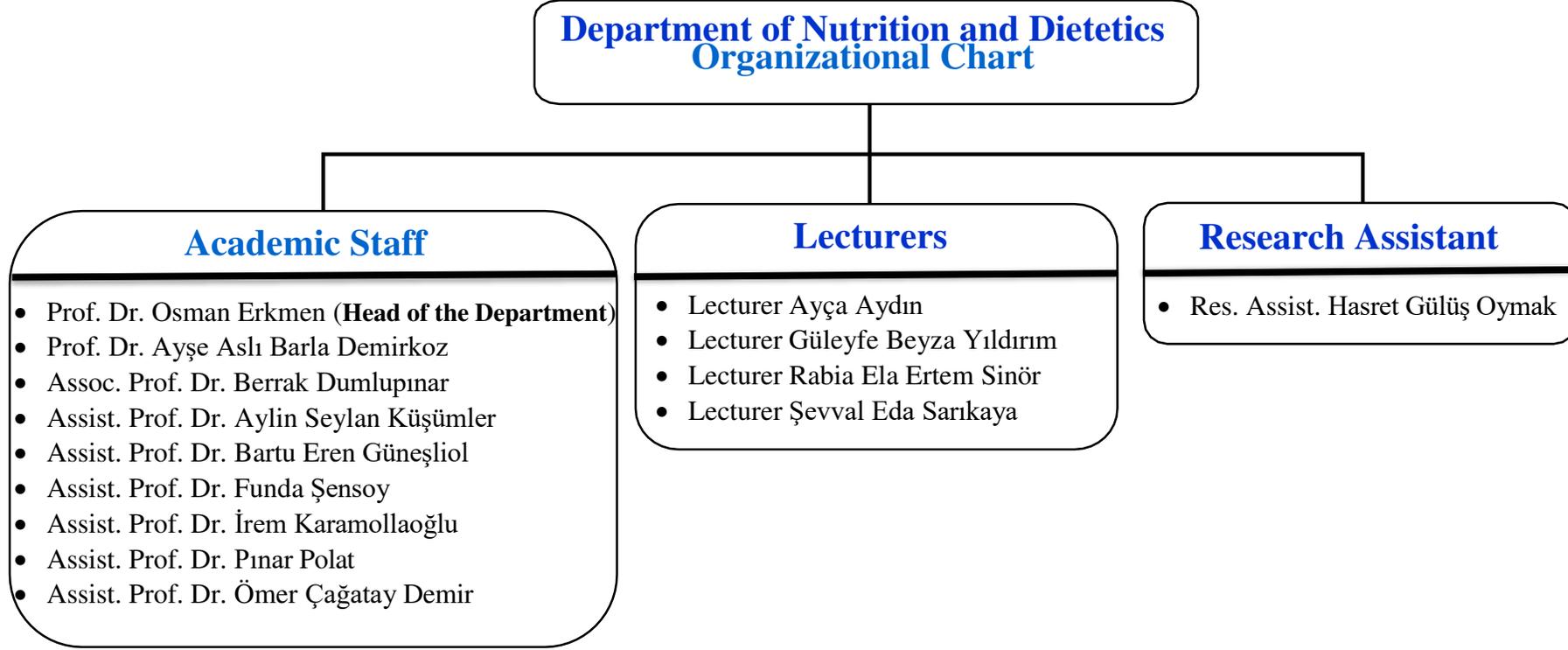
Lecturer Şevval Eda Sarıkaya

Lecturer Rabia Ela Ertem Sinör

Lecturer Hasret Gülüş Oymak



DEPARTMENT OF NUTRITION AND DIETETICS ORGANIZATIONAL CHAR





Student Activities and Community Engagement

Our department organizes various academic and social activities in collaboration with the Nutrition and Dietetics Student Society, which has been established by our students. Through these activities, students are brought together with expert academics and field professionals, supporting their development in current and professional topics.

Through these events, our students not only gain academic knowledge but also have the opportunity to acquire experience in social and cultural environments, interact with professionals from different disciplines, and develop teamwork and collaboration skills.

In addition, within the scope of Community Service Practices and other applied courses, students are encouraged to actively engage with public institutions, healthcare organizations, non-governmental organizations, and the private sector. By participating in project planning, implementation, and evaluation processes, they gain professional experience and develop a strong sense of social responsibility.



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Activities of the Nutrition and Dietetics Student Society

 **Instagram:**

 **E-posta:**

You can follow us and get in touch with us to stay informed about seminars, workshops, social responsibility projects, and other events organized in collaboration with the Nutrition and Dietetics Student Society and our department.



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Office of the Dean of Students

Within the scope of the *Happy Life* courses, our Office of the Dean of Students offers a variety of activities such as volleyball, swimming, fitness, and ballroom dancing, contributing to students' physical and social development while enriching their campus life.

Each of our students is able to regularly meet with their assigned academic advisor, who adopts a solution-oriented approach. Through this system, students receive support in all areas they may need, including academic processes, career orientation, personal development, and adaptation to university life.

Our department aims to educate competent, ethically responsible, and highly qualified dietitians at both national and international levels. At the same time, we strive to provide a supportive academic, social, and cultural environment in which our students feel like a valued part of the Istanbul Okan University family.

In line with the vision of Istanbul Okan University as “The University Closest to Business Life,” students are provided with all necessary academic and professional support to graduate with a strong,

practice-oriented education and to step into their professional careers as confident and well-equipped dietitians.

Graduating from the Department of Nutrition and Dietetics at Istanbul Okan University Faculty of Health Sciences is a significant privilege, thanks to its strong educational infrastructure, extensive practical training opportunities, and close integration with the professional field.



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Dear Students,

We would be honored and delighted to welcome you among us in the new academic year.

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We are looking forward to having you with us.

We wish you success.

With our best regards and warmest wishes...

Prof. Dr. Osman ERKMEN

Head of the Department