

1	Have an understanding of Nutrition Science regarding basic concepts, history, scope, development of nutrition science in Indonesia and an understanding of nutrition which is associated with health and beauty	<ol style="list-style-type: none"> 1.Explain the basic concepts of nutritional science; 2.Explaining can explain history, scope; 3.Explaining the Development of Nutrition and Nutritional Science in Indonesia; 4.Explain macro and micro nutrients; 5.Explains aspects of nutrition with health and beauty 	Criteria: The assessment item value is 0 - 10	Lecture; Group discussion; Presentation, and Reflection 2 X 50		0%
2	Have an understanding of Nutritional Coverage Requirements, which include: Energy Balance Carbohydrates Proteins Fats and Oils Vitamins Minerals Water	<ol style="list-style-type: none"> 1.Explains the nutritional coverage requirements, which include: Energy balance 2.Carbohydrate 3.Proteins 4.Fats and Oils 5.Vitamin 6.Mineral 7.Water 	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50		0%
3	Have an understanding of Balanced Eating	1. Explain about a balanced diet	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50		0%
4	Have an understanding of Balanced Eating	1. Explain about a balanced diet	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50		0%
5	Have an understanding of the Importance of Nutrition	<ol style="list-style-type: none"> 1.Human Body Mass Index 2.Body Mass Index (BMI) Calculator 3.Body fat distribution and health risks 4.Body Fat and Health Risks 5.Waist circumference and health risks 6.Things to pay attention to 7.Associated health conditions 8.Glycemic index and glycemic load 9.Tips for healthy eating 	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50		0%

6	Have an understanding of the Importance of Nutrition	<ol style="list-style-type: none"> 1.Explains: Human Body Mass Index 2.Body Mass Index (BMI) Calculator 3.Body fat distribution and health risks 4.Body Fat and Health Risks 5.Waist circumference and health risks 6.Things to pay attention to 7.Associated health conditions 8.Glycemic index and glycemic load 9.Tips for healthy eating 	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
7	Have an understanding of the Importance of Nutrition	<ol style="list-style-type: none"> 1.Explains: Human Body Mass Index 2.Body Mass Index (BMI) Calculator 3.Body fat distribution and health risks 4.Body Fat and Health Risks 5.Waist circumference and health risks 6.Things to pay attention to 7.Associated health conditions 8.Glycemic index and glycemic load 9.Tips for healthy eating 	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
8	Students can answer UTS questions	UTS (explains the material from meetings 1 to 7)	Criteria: Items 1 - 10	UTS 2 X 50			0%
9	Understanding the Knowledge of Digestion – Absorption and Metabolism of Nutrients in the Human Body	<ol style="list-style-type: none"> 1.Explain in general about the Digestion of Nutrients in the Human Body; 2.Explain in general about the absorption of nutrients in the human body; 3.Explain in general about the metabolism of nutrients in the human body; 	Criteria: Items 0 -10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%

10	Understanding the Knowledge of Digestion – Absorption and Metabolism of Nutrients in the Human Body	<ol style="list-style-type: none"> 1.Explain in general about the Digestion of Nutrients in the Human Body; 2.Explain in general about the absorption of nutrients in the human body; 3.Explain in general about the metabolism of nutrients in the human body; 	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
11	Able to explain the importance of various sources of beneficial antioxidants for health related to beauty	<ol style="list-style-type: none"> 1.Explain in general about the elements of health related to beauty and youth; 2.Explaining antioxidants of various types: Vitamins {A, B, CE }; Trace Elements { Se, Zn, Mn} ; {Enzyme Q10 Ubiquinone Co}; {Si and S – micro minerals and essential minerals} ; Plant Pigments {Flavonoids & Isoflavonoids} 	Criteria: Items 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
12	Able to explain the importance of various sources of beneficial antioxidants for health related to beauty	<ol style="list-style-type: none"> 1.Explain in general about the elements of health related to beauty and youth; 2.Explaining antioxidants of various types: Vitamins {A, B, CE }; Trace Elements { Se, Zn, Mn} ; {Enzyme Q10 Ubiquinone Co}; {Si and S – micro minerals and essential minerals} ; Plant Pigments {Flavonoids & Isoflavonoids} 	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%

13	Have an understanding of Indonesian Fruit - Vegetable and Herbal Based Herbal Processed Products Related to Health - Beauty and Body Fitness and Youth	1.Explaining the understanding of fruit - vegetable and herbal based concoctions that are related to health 2.Explaining the Understanding of Fruit - Vegetable and Herbal Based Concoctions Related to Beauty	Criteria: Items 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
14	Have an understanding of Indonesian Fruit - Vegetable and Herbal Based Herbal Processed Products Related to Health - Beauty and Body Fitness and Youth	1.Explaining the understanding of fruit - vegetable and herbal based concoctions that are related to health 2.Explaining the Understanding of Fruit - Vegetable and Herbal Based Concoctions Related to Beauty	Criteria: The assessment item value is 0 - 10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
15	Have knowledge of the development of the Indonesian Food Pyramid: Four Healthy Five as a Guide to Balanced Nutrition;	History and chronology of the development of "Four Healthy Five as a Guide to Balanced Nutrition"	Criteria: Items 0 -10	Discussions, assignments, exercises, searching for library sources and other references 2 X 50			0%
16							0%

Evaluation Percentage Recap: Project Based Learning

No	Evaluation	Percentage
		0%

Notes

- 1. Learning Outcomes of Study Program Graduates (PLO - Study Program)** are the abilities possessed by each Study Program graduate which are the internalization of attitudes, mastery of knowledge and skills according to the level of their study program obtained through the learning process.
- 2. The PLO imposed on courses** are several learning outcomes of study program graduates (CPL-Study Program) which are used for the formation/development of a course consisting of aspects of attitude, general skills, special skills and knowledge.
- 3. Program Objectives (PO)** are abilities that are specifically described from the PLO assigned to a course, and are specific to the study material or learning materials for that course.
- 4. Subject Sub-PO (Sub-PO)** is a capability that is specifically described from the PO that can be measured or observed and is the final ability that is planned at each learning stage, and is specific to the learning material of the course.
- 5. Indicators for assessing** ability in the process and student learning outcomes are specific and measurable statements that identify the ability or performance of student learning outcomes accompanied by evidence.
- 6. Assessment Criteria** are benchmarks used as a measure or measure of learning achievement in assessments based on predetermined indicators. Assessment criteria are guidelines for assessors so that assessments are consistent and unbiased. Criteria can be quantitative or qualitative.
- 7. Forms of assessment:** test and non-test.
- 8. Forms of learning:** Lecture, Response, Tutorial, Seminar or equivalent, Practicum, Studio Practice, Workshop Practice, Field Practice, Research, Community Service and/or other equivalent forms of learning.
- 9. Learning Methods:** Small Group Discussion, Role-Play & Simulation, Discovery Learning, Self-Directed Learning, Cooperative Learning, Collaborative Learning, Contextual Learning, Project Based Learning, and other equivalent methods.
- 10. Learning materials** are details or descriptions of study materials which can be presented in the form of several main points and sub-topics.

11. **The assessment weight** is the percentage of assessment of each sub-PO achievement whose size is proportional to the level of difficulty of achieving that sub-PO, and the total is 100%.
12. TM=Face to face, PT=Structured assignments, BM=Independent study.