

Course Unit	Option II - null	Field of study	Health
Master in	Applied Health Sciences - Biotechnology	School	School of Health
Academic Year	2020/2021	Year of study	1
Type	Semestral	Semester	2
Level	2-1	ECTS credits	4.5
Code	5055-669-1207-11-20		
Workload (hours)	121,5	Contact hours	T - TP - PL - TC - S - E - OT - O 56

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Ana Maria Geraledes Rodrigues Pereira

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
Thinking about nutrition in a healthy and sustainable way Identify sustainable practices in meals production. To know the main environmental aspects in the systems of meals production.

Prerequisites

Not applicable

Course contents

1- Challenge s and benefits of sustainability 2- Healthy and sustainable food 3- Food production and environmental impact 4- Food and nutritional security and sustainability 5-Food chain and sustainability 6-Sustainable agricultural production.

Course contents (extended version)

1. Challenges and benefits of sustainability
2. Healthy and sustainable food
 - The seasonality of food
 - The Mediterranean diet
 - Double pyramid model
 - Food waste
3. Food production and environmental impact
 - The food footprint
4. Food and nutritional security and sustainability
5. Food chain and sustainability
6. Sustainable agricultural production
 - Agricultural Production and Agrotoxics
 - Axes for food sustainability and agriculture

Recommended reading

1. Food and Agriculture Organization (2016) Food and agriculture: key to achieving the 2030 agenda for sustainable development. Rome: Food and Agriculture Organization of the United Nations.
2. Kenner D. (2015) In equality of overconsumption: The ecological footprint of the richest. Institute GS. East Road: Abglia Ruskin University.
3. Ivanova D et al(. 2016) Environmental impact assessment of household consumption. Journal of Industrial Ecology. 20 (3): 526-536.
4. Hughes N, Hughes E. (2016) Catering for sustainability: Making the case for sustainable diets in foodservice. Food Ethics Council; Sodexo; WWF.
5. Fischer C. G, Garnett T. (2016) Plates, pyramids, planet - Developments in national healthy and sustainable dietary guidelines: a state of play assessment. Rome: FAO.

Teaching and learning methods

The curricular unit was organized according to a theoretical approach and a theoretical-practical application. Curricular Unit taughtin collaboration with Professor Doctor Carla Castro of the Polytechnic Institute of Guarda.

Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
 - Final Written Exam - 70%
 - Development Topics - 30%
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

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26-03-2021	29-03-2021	30-03-2021	30-03-2021