

Course Unit	Dietetics and Maternal and Child Nutrition		Field of study	Dietetics and Nutrition	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	2	ECTS credits	4.0
Code	8149-807-2203-00-23				
Workload (hours)	108	Contact hours	T -	TP 22,5	PL 30
			TC -	S -	E -
			OT 7,5	O -	

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) Carmen Marina Afonso Guerra, Fábio Manuel dos Santos Aires, Juliana Almeida de Souza

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Identify nutritional needs during childhood, adolescence, conception, pregnancy and lactation.
2. Adapt different nutritional assessment methods to age/ physiologic situation
3. Adapt different dietary assessment methods to age/ physiologic situation
4. Adapt eating behavior change methods to age/ physiologic situation

Prerequisites

Not applicable

Course contents

Approach to dietary intervention in the different phases of the maternal and child life cycle.

Course contents (extended version)

1. Dietetics in the Pre-Conception
2. Dietetics in the Pregnancy
3. Dietetics in Lactation
4. Dietetics at the Childhood
5. Dietetics in the Adolescence

Recommended reading

1. Direção-Geral da Saúde (2019). Alimentação Saudável dos 0 aos 6 anos – Linhas De Orientação Para Profissionais E Educadores Lisboa: Direção-Geral da Saúde. ISBN: 978-972-675-292-9
2. Direção-Geral da Saúde (2021). Alimentação e Nutrição na Gravidez. Lisboa: Direção-Geral da Saúde. ISBN: 978-972-675-315-5
3. World Health Organization (2013). Essential Nutrition Actions: improving maternal, newborn, infant and young child health and nutrition. Geneva: WHO Library. ISBN 978 92 4 150555 0
4. Gidding et al (2005). Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. Consensus Statement AHA & AAP. Circulation; 112: 2061-2075. DOI:10.1161/CIRCULATIONAHA.105.169251

Teaching and learning methods

TP classes are oriented towards the analysis of guidelines and standards for nutritional care, using the presentation of themes by students to promote debate, reflection and active participation.
PL classes are based on training in nutritional assessment, diagnosis and intervention techniques, consultation simulation and practical case resolution.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Portfolio - 10% (Summary of work carried out during TP classes)
 - Work Discussion - 40% (Presentation and discussion of nutritional care guidelines. A minimal classification is required,)
 - Case Studies - 50% (Practical Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
2. Evaluation through exams - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 50% (TP Component Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
 - Case Studies - 50% (Case solving (practical evaluation). Minimal classification required, according to Pedagogical Reg.)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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16-05-2024	21-06-2024	21-06-2024	21-06-2024