

Course Unit	Option II - null		Field of study	Health	
Master in	Applied Health Sciences - Community Intervention		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.5
Code	5055-668-1204-11-19				
Workload (hours)	121,5	Contact hours	T -	TP -	PL -
			TC -	S -	E -
			OT -	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) Ana Maria Geraudes 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)

- Challenges and benefits of sustainability
- Healthy and sustainable food
  - The seasonality of food
  - The Mediterranean diet
  - Double pyramid model
  - Food waste
- Food production and environmental impact
  - The food footprint
- Food and nutritional security and sustainability
- Food chain and sustainability
- Sustainable agricultural production
  - Agricultural Production and Agrototoxics
  - Axes for food sustainability and agriculture

### Recommended reading

- 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.
- Kenner D. (2015) In equality of overconsumption: The ecological footprint of the richest. Institute GS. East Road: Abglia Ruskin University.
- Ivanova D et al. (2016) Environmental impact assessment of household consumption. Journal of Industrial Ecology. 20 (3): 526-536.
- Hughes N, Hughes E. (2016) Catering for sustainability: Making the case for sustainable diets in foodservice. Food Ethics Council; Sodexo; WWF.
- 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. In this sense, teaching / learning methodologies of an expository nature were used, with regard to theoretical knowledge, but which were complemented with a theoretical-practical analysis of the aspects considered most relevant.

### Assessment methods

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

### Language of instruction

Portuguese

### Electronic validation

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06-03-2020	09-03-2020	10-03-2020	10-03-2020