

|                  |                                         |               |                |                     |     |
|------------------|-----------------------------------------|---------------|----------------|---------------------|-----|
| Course Unit      | Option I - null                         |               | Field of study | Health              |     |
| Master in        | Applied Health Sciences - Biotechnology |               | School         | School of Health    |     |
| Academic Year    | 2020/2021                               | Year of study | 1              | Level               | 2-1 |
| Type             | Semestral                               | Semester      | 2              | ECTS credits        | 4.5 |
|                  |                                         |               | Code           | 5055-669-1206-11-20 |     |
| Workload (hours) | 121,5                                   | Contact hours | T              | -                   | TP  |
|                  |                                         |               | PL             | -                   | TC  |
|                  |                                         |               | S              | -                   | E   |
|                  |                                         |               | OT             | -                   | O   |
|                  |                                         |               |                |                     | 54  |

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 Agrotoxics
  - 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. Curricular Unit taught in collaboration with Professor Doctor Carla Castro of the Polytechnic Institute of Guarda.

### 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

|                                      |                      |                               |                                       |
|--------------------------------------|----------------------|-------------------------------|---------------------------------------|
| Ana Maria Geraudes Rodrigues Pereira | Josiana Adelaide Vaz | Antonio Jose Madeira Nogueira | Adília Maria Pires da Silva Fernandes |
| 26-03-2021                           | 29-03-2021           | 30-03-2021                    | 30-03-2021                            |