

Course Unit	Dietetics and Nutrition		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2021/2022	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	5.0
Code	8149-501-1205-00-21				
Workload (hours)	135	Contact hours	T -	TP 45	PL -
			TC -	S -	E -
			OT 15	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 Manuela Onofre Meireles

### Learning outcomes and competences

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

1. To understand the impact of the main historical revolutions in human food evolution and specific pathologies appearing;
2. Identify the major components present in various food groups and their functions;
3. To identify the physiological basis of Nutrition and Dietetics;
4. To know nutraceuticals and functional food and its impact in the human body.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable.

### Course contents

Terms and Concepts in Dietetics and Nutrition; Food History; Healthy Feeding; Nutritional and no nutritional compounds of foods; Physiology of Dietary and Nutrition; Nutraceuticals and Functional Foods.

### Course contents (extended version)

1. Terms and Concepts in Dietetics and Nutrition
2. Food History
  - From Pre-History to Middle Age
  - From Middle Age to the XX Century
  - XXI century food challenges
3. Healthy Feeding
  - Principles of Healthy Feeding
  - Food Wheel: Groups and Composition
  - Mediterranean Food Pattern
4. Nutritional and no nutritional compounds of food
  - Definition and classification
  - Sources
  - Structure
  - Functions
  - Needs and recommendations
5. Physiology of Nutrition and Dietetics
  - Ingestion, swallowing, digestion, absorption, transport, metabolism, storage and excretion
6. Nutraceuticals and Functional Foods
  - Definition, Characteristics and Classification
  - Health Claims

### Recommended reading

1. Institute of Medicine. (2006). Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington DC: The National Academies Press.
2. Flandrin, Jean-Louis; Montanari, M. (1998). História da Alimentação Vol. I - Dos primórdios à Idade Média. Lisboa: Terramar.
3. Flandrin, Jean-Louis e Montanari, M. (1996). História da Alimentação Vol. II - Da Idade Média aos tempos actuais. Lisboa: Terramar.
4. Mahan, LK; Escott-Stump, S. Krause. (2010). Alimentos, Nutrição e Dietoterapia. 12ª Edição. São Paulo: Roca.
5. EFSA (European Food Safety Authority). (2017). Dietary Reference Values for nutrients. Summary Report. EFSA supporting publication 2017:e15121.98pp. doi:10.2903/sp.efsa.2017.e15121

### Teaching and learning methods

Theoric lessons using the methods: participative expositive and reflexive interactive and active learning techniques with tutorship orientation.

### Assessment methods

1. Regular evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 60% (Three written tests)
  - Practical Work - 40%
2. Final exam - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Ana Manuela Onofre Meireles	Vera Alexandra Ferro Lebres	Josiana Adelaide Vaz	Adília Maria Pires da Silva Fernandes
14-03-2022	15-03-2022	23-03-2022	23-03-2022