

Course Unit	Laboratorial Dietetics		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2022/2023	Year of study	2	Level	1-2
Type	Semestral	Semester	1	ECTS credits	6.0
Code	8149-501-2104-00-22				
Workload (hours)	162	Contact hours	T -	TP 30	PL 45
			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, Ana Manuela Onofre Meireles, Carmen Marina Afonso Guerra, Filipe Daniel de Almeida Ferreira

### Learning outcomes and competences

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

1. Identify weights and capacities of different food items and utensils
2. Recognize materials, equipments and utensils; and its practical use
3. Characterize the gastronomic methods
4. Identify and characterize food, transformation processes, quantities and nutritional equivalents
5. Define the relation between physical/ chemical reactions occurring during preparation/ cooking and food transformations
6. Calculate the portions of different dietetic plans and its nutritional value
7. Select and put into practice different cooking methods according to food dietetic properties, dietetic principles and final result pretended
8. Execute in the dietetic lab the diet plans calculated in Dietetics I

### Prerequisites

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

### Course contents

Lab process of nutritional adaptation of the diet plan to the individuals

### Course contents (extended version)

1. Weights, Volumes and Portion Sizes
2. Basic technique in laboratorial Dietetics
3. Materials that contact with food
4. Food: physical and chemical transformations
  - Cereals
  - Vegetables and beans
  - Fruits
  - Meat and Fish
  - Dairy
  - Eggs and sauces
  - Sugar
  - Fats
  - Drinks
  - Additives, salt and condiments
5. Portions of the diet plan: from nutritional calculation to the dietetic lab
6. Laboratory Dietetics as a tool to the diet planification in physiologic and pathologic situations

### Recommended reading

1. Food Chemistry, disponível em <https://www.sciencedirect.com/journal/food-chemistry>
2. Moreira, LN. (2016). Técnica Dietética. 1ª edição. Rio de Janeiro :Estácio.
3. Camargo, EB.; Botelho, RBA. (2012). Técnica Dietética: pré Preparo e Preparo de Alimentos. Manual de Laboratório. Editora Atheneu. São Paulo
4. Bennion, M.; Scheule, B. (2014). Introductory Foods (14th edition). Columbus, Ohio: Prentice Hall
5. Bezerra, VM. (2019). Técnica Dietética em Preparações Especiais. Teoria e Prática de Laboratório. Rio de Janeiro: Rubio.

### Teaching and learning methods

The expositive method is used in the TP classes, using also the debate/ discussion, promoting the individual reflection and stimulating communication. The techniques used are: oral communication and multimedia presentations. The practical classes will consist in the lab application of the course contents, with posterior development of reports.

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Final Written Exam - 40% (TP Classes Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
  - Practical Work - 60% (PL Evaluation.)
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

Portuguese

### Electronic validation

Ana Maria Geraudes Rodrigues Pereira	Vera Alexandra Ferro Lebres	Juliana Almeida de Souza	Adília Maria Pires da Silva Fernandes
03-11-2022	08-11-2022	04-01-2023	07-01-2023