

Course Unit	Food Sociology		Field of study	Sociology	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2020/2021	Year of study	2	Level	1-2
Type	Semestral	Semester	2	ECTS credits	4.0
Code	8149-501-2106-00-20				
Workload (hours)	108	Contact hours	T -	TP 30	PL -
			TC -	S -	E -
			OT 10	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) **Fernando Augusto Pereira**

#### Learning outcomes and competences

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

1. To understand the theoretical issues and concepts central in sociology.
2. To know the main phenomena's in human feeding by the sociological perspective.
3. To promote the understanding of the process of professional socialization of the health professionals.
4. To promote the knowledge of the students on the methods and techniques used in the sociological research.

#### Prerequisites

Before the course unit the learner is expected to be able to:  
To know and applied the main concepts im sociology.

#### Course contents

1. Introduction to sociology.
2. Synthesis of concepts central offices in sociology.
3. Social phenomena's: globalization; body and society.
4. Standards of consumption and social differentiation; types frequency and of meals.
5. Trends of the feeding in Portugal: quantitative and qualitative alteration of the alimentary habits; feeding in the work and at the school.
6. Introduction to the sociology of the profession.
7. Methods and techniques in sociology.

#### Course contents (extended version)

1. Object of study of social sciences and plurality of social sciences.
2. Synthesis of concepts central offices in sociology.
3. Social phenomena's: globalization.
4. Body and society.
5. Trends of the feeding in Portugal.
6. Introduction to the sociology of the profession; professional identities in health.
7. Methods and techniques in sociology: ethnographical research; sociological interview; inquiries.

#### Recommended reading

1. Giddens, A. (2004). Sociologia. 4.ª Edição. Lisboa: Fundação Calouste Gulbenkian.
2. Silva, A. S., & Pinto, J. M. (Eds.). (1986). Metodologia das Ciências Sociais. Porto: Edições Afrontamento.
3. Bilhin, J. A. F. (2006). Teoria organizacional: estruturas e pessoas. Lisboa: ISCSP.
4. Sedas Nunes, A. (2001). Questões Preliminares sobre as Ciências Sociais. Lisboa: Editorial Presença.
5. Leandro, M. E. (2001). Sociologia da Família nas Sociedades Contemporâneas. Lisboa: Universidade Aberta.

#### Teaching and learning methods

The theoretical actual lessons are based on the exposition with the date-show and black board. The theoretical expositions will be complemented by the presentation and debate of brief cases, generally based in real situations. The students are stimulated to carry through research (Internet, libraries, etc. ) to congregate the contents of support to the study of the considered cases.

#### Assessment methods

- Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 100%

#### Language of instruction

Portuguese

#### Electronic validation

Fernando Augusto Pereira	Juliana Almeida de Souza	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
11-06-2021	20-07-2021	21-07-2021	21-07-2021