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|------------------|-------------------------|----------------|---------------------------------------|
| Course Unit      | Dietetics II            | Field of study | Therapy and Rehabilitation            |
| Bachelor in      | Dietetics and Nutrition | School         | School of Health                      |
| Academic Year    | 2021/2022               | Year of study  | 2                                     |
| Type             | Semestral               | Semester       | 2                                     |
| Level            | 1-2                     | ECTS credits   | 6.0                                   |
| Code             | 8149-501-2203-00-21     |                |                                       |
| 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) Juliana Almeida de Souza, Carmen Marina Afonso Guerra, Mara Sofia Rodrigues

#### Learning outcomes and competences

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

1. Identify nutritional needs in childhood, pregnancy, lactation and elderly
2. Adapt different nutritional assessment methods to age/ physiologic situation
3. Adapt different dietary assessment methods to age/ physiologic situation
4. Adapt eating behavior change methods to age/ physiologic situation

#### Prerequisites

Before the course unit the learner is expected to be able to:

1. Anatomy and Physiology Knowledge
2. Dietetics Intervention in a Healthy Adult

#### Course contents

Dietetics Intervention in different stages of the Life Cycle.

#### Course contents (extended version)

1. Dietetics in geriatrics
2. Dietetics in the Pre-Conception and Pregnancy
3. Dietetics in Lactation
4. Dietetics in 1st Childhood
5. Dietetics at the 2nd Childhood
6. Dietetics in Adolescence

#### Recommended reading

1. Institute of Medicine (2002). Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Protein, and Amino Acids (Macronutrients). Washington, DC: The National Academies Press.
2. World Health Organization (2009). Infant and young child feeding: model chapter for textbooks for medical students and allied health professionals. Geneva: WHO Library. ISBN 978 92 4 159749 4
3. World Health Organization (2013). Essential Nutrition Actions: improving maternal, newborn, infant and young child health and nutrition. Geneva: WHO Library. ISBN 978 92 4 150555 0
4. World Health Organization (2002). Keep fit for life: meeting the nutritional needs of older persons. Geneva: WHO Library. ISBN 92 4 156210 2
5. Gidding et al (2005). Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. Consensus Statement AHA & AAP. Circulation; 112: 2061-2075. DOI:10.1161/CIRCULATIONAHA.105.169251

#### Teaching and learning methods

The TP lessons will be based on the analysis of the specific guidelines for nutritional intervention in each life stage, using the debate to promote students reflection and active participation. The PL lessons consist of training nutrition and dietary assessment techniques, consultation simulation and practical cases resolution.

#### Assessment methods

- Evaluation - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 50% (TP Component Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
- Case Studies - 50% (Practical Evaluation. Minimal classification required, according to the Pedagogical Regulation.)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

|                          |                             |                      |                                       |
|--------------------------|-----------------------------|----------------------|---------------------------------------|
| Juliana Almeida de Souza | Vera Alexandra Ferro Lebres | Josiana Adelaide Vaz | Adília Maria Pires da Silva Fernandes |
| 01-04-2022               | 07-04-2022                  | 08-04-2022           | 09-04-2022                            |