

Course Unit	Dietetics II		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	2	ECTS credits	6.0
Code	8149-501-2203-00-22				
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) Juliana Almeida de Souza

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

Not applicable

Course contents

Dietetics Intervention in different stages of the Life Cycle.

Course contents (extended version)

1. Dietetics in the Elderly
2. Dietetics in the Pre-Conception
3. Dietetics in the Pregnancy
4. Dietetics in Lactation
5. Dietetics at the Childhood
6. Dietetics in the Adolescence

Recommended reading

1. Direção-Geral da Saúde (2019). Alimentação Saudável dos 0 aos 6 anos – Linhas De Orientação Para Profissionais E Educadores Lisboa: Direção-Geral da Saúde. ISBN: 978-972-675-292-9
2. Direção-Geral da Saúde (2021). Alimentação e Nutrição na Gravidez. Lisboa: Direção-Geral da Saúde. ISBN: 978-972-675-315-5
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

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Portfolio - 10% (Work carried out in the TP classes)
 - Work Discussion - 40% (Presentation and discussion of a video lesson on a topic. A minimal classification of is required,)
 - Case Studies - 50% (Practical Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
2. Evaluation through exams - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 50% (TP Component Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
 - Case Studies - 50% (Case solving (practical evaluation). Minimal classification required, according to Pedagogical Reg.)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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14-03-2023	21-03-2023	30-03-2023	17-04-2023