

Course Unit	Law and Politics in Dietetics	Field of study	Law
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2022/2023	Year of study	2
Type	Semestral	Semester	2
Level	1-2	ECTS credits	4.0
Code	8149-501-2204-00-22		
Workload (hours)	108	Contact hours	T - TP 30 PL - TC - S 10 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) Daniela Alexandra Marcos Santos

### Learning outcomes and competences

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

1. To know the basic issues on legal right and labor right.
2. To understand the alimentary policies.
3. To understand the influence of the various factors in the determination of policies on diet and nutrition at local, national and world level.
4. To know the principles that guide the development of a policy in dietetics and nutrition.
5. Develop and implement mechanisms for management, monitoring and evaluation of the impact of food and nutrition policies.

### Prerequisites

Before the course unit the learner is expected to be able to:  
None

### Course contents

1. Introduction to legal Right and labor law. 2. Introduction to food and nutrition politics. 3. Determinants of food and nutrition politics. 4. Food, nutritional and health politics in Portugal, Europe and the World. 5. Food crisis. 6. Planning, implementation and management of alimentary and nutritional politics. 7. Systems of information in alimentary politics. 8. Practical cases of alimentary politics.

### Course contents (extended version)

1. Introduction to the Right.
  - Structure of the rule of law.
  - Sources of law
  - Right sources.
  - Concepts of health law.
  - Labor law and business law.
2. Introduction to food and nutrition policy.
  - History and Philosophy.
  - Evolution of food policy and nutrition in Portugal and its relation to the international context
  - Legislative Process of the Portuguese Republic.
  - Concepts, fundamentals and objectives.
  - Responsible governmental and non-governmental institutions.
  - Key elements of a successful food and nutrition policy.
3. Determinants of food and nutrition policy.
  - Determinants: agricultural, environmental, social, cultural, economic, health and political.
4. Food, nutritional and health policies in Portugal, Europe and the World.
  - National Health Plan.
  - National Program for the Promotion of Healthy Food.
  - Regional Programs promoting healthy eating.
  - European Programs.
5. Food crisis.
  - Food shortage constraints.
  - Measures to prevent and overcome food crises.
6. Planning, implementation and management of alimentary politics.
  - Planning: plans, programs, projects, action plans.
  - Intervention, monitoring and evaluation.
7. Systems of information in alimentary politics.
  - Health information systems: presentation and debate.
  - National Health Observatory.
8. 9. Analysis of case studies of alimentary politics.
  - Formulation of concerted and sustainable strategies.

### Recommended reading

1. Silva, G. (2012). Introdução ao Estudo do Direito. (4ªEdição). Lisboa: Universidade Católica Editora.
2. Ismail, J. et al (2003). Community - based food and nutrition programmes: what makes them successful. Rome: Food and Agriculture Organization
3. Tantirín, K. (2004). Incorporating Nutrition Considerations into Development Policies and Programmes. Rome: Food and Agriculture Organization.
4. Helsing, E. (1997). The History of nutrition policy. Nutrition Reviews, 55 (11), S1-S3.
5. Ronto, R. ; Wu, J. ; Singh, G. (2018). The global nutrition transition: trends, disease burdens and policy interventions. Public Health Nutrition, 6, 1-4.

### Teaching and learning methods

The theoretical actual lessons are based on the exposition with the date-show . The theoretical expositions will be complemented by the presentation and debate of brief cases and development of food and nutritional policies, generally based in real situations.

### Assessment methods

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

## Language of instruction

Portuguese

## Electronic validation

Daniela Alexandra Marcos Santos	Juliana Almeida de Souza	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
16-11-2022	28-02-2023	28-02-2023	04-03-2023