

Course Unit	Sociology and History of Food		Field of study	Sociology	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2024/2025	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	4.0
Code	8149-807-1206-00-24				
Workload (hours)	108	Contact hours	T -	TP 30	PL -
			TC -	S 15	E -
			OT 15	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, Maria Justina Martins Silvano**

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. History of Food - from Prehistory to the 21st Century 4. Contemporary social phenomena: globalization; counter-hegemonic movements. 5. Body and society and eating disorders. 6. Everyday food practices and logics. 7. Introduction to the sociology of professions, professional identities in health.

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. History of Food - from Prehistory to the 21st Century.
4. Contemporary social phenomena: globalization; counter-hegemonic movements.
5. Body and society and eating disorders.
6. Everyday food practices and logics.
7. Introduction to the sociology of the profession; professional identities in health.

Recommended reading

1. Giddens, A. (2013). Sociologia. Lisboa: Fundação Calouste Gulbenkian.
2. Carneiro, H. (2003). Comida e sociedade – uma história da alimentação. Elsevier. CAMPUS. Brasil.
3. Jean Louis Flandrin e Massimo Montanari (1998). História da Alimentação. Edições Liberdade.
4. Sedas Nunes, A. (2001). Questões Preliminares sobre as Ciências Sociais. Lisboa: Editorial Presença.
5. Poulin, JP (2004) Sociologia da Alimentação. Editora da UFSC.

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, Maria Justina Martins Silvano	Juliana Almeida de Souza	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
12-03-2025	30-06-2025	16-07-2025	16-07-2025