

Course Unit	Dietetics and Nutrition in Adults		Field of study	Dietetics and Nutrition	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	1	ECTS credits	6.0
Code	8149-807-2101-00-23				
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) Filomena Maria Coutinho Pereira, 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 the adulthood
2. Execute different nutritional assessment methods in the adulthood
3. Do nutritional diagnosis and apply the dietary care processes according to the PES methodology
4. Recognize the nutritional support systems and its use
5. Calculate and apply different eating plans according to the dietary objective
6. Carry out adequate nutritional education in accordance with the dietary objective
7. Achieve food habits changes according to the dietetic aim
8. Learn to adapt food plan to different cultural patterns and sociodemographic profiles according to the dietary objective

### Prerequisites

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

### Course contents

Dietary and nutritional recommendations in Adulthood, in different Cultural Practices and Patterns, Sociodemographic Profiles, Emergency Situations. Dietary Care Processes and Models. Nutritional Support Systems. Nutrition education and Modification of Eating Habits.

### Course contents (extended version)

1. General concepts of Dietetics
  - Fundamental food laws
  - Dietary Reference Intakes
  - Portuguese Food Composition Table
2. Dietetics in Adulthood
  - Individual energy needs calculation
  - Individual nutritional needs calculation: protein, lipids, carbohydrates, dietary fiber and water
  - Determination of the individual needs of vitamins and minerals
  - Food recommendations for the general population
  - Individual food planning
3. Nutritional assessment
  - Anthropometry
  - Biochemical and laboratory evaluation
  - Clinical evaluation
  - Dietetic evaluation
4. Nutritional Care Process and Model
  - Nutritional Care Steps
  - Assessment of adult ABCD nutritional status: anthropometric, biochemical, clinical and dietary
  - Nutritional diagnosis according to PES methodology
  - Nutritional Support Systems: Oral, Oral supplementations, Enteral and Parenteral
  - Nutritional intervention and monitoring
5. Modification of Food Habits
  - Rationale, aims and Methods
  - Dietetics counseling
  - Graphic representations of healthy eating
  - Nutritional education
6. Cultural and Lifestyle Practices
  - Food patterns: Vegetarian, Mediterranean, DASH, MIND, and others
  - Food through fast-food chains, restaurants and take-aways
  - One-health, food production chains, and sustainable food
  - Food in situations of food insecurity and disasters
  - Food and substance use, alcohol consumption, smoking habits, smoking cessation

### Recommended reading

1. Mahan, L. K. , Escott-Stump, S. (2000) Krause: Alimentos, Nutrição e Dietoterapia (12ª Edição). São Paulo: Elsevier.
2. Institute of Medicine. 2006. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.
3. Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. J Acad Nutr Diet. 2016 Dec;116(12):1970-1980. doi: 10.1016/j.jand.2016.09.025. PMID: 27886704.
4. Swan WJ, Vivanti A, Hakel-Smith NA, et al. Nutrition care process and model update: Toward realizing people-centered care and outcomes management. J Acad Nutr Diet. Dec 2017;117(12):2003-2014.
5. Ministério da Saúde. Direção-Geral da Saúde. DOCUMENTO DE APOIO AO CATÁLOGO PORTUGUÊS DE NUTRIÇÃO (CPN V3.0) Lisboa: Direção-Geral da Saúde, 2022.

### Teaching and learning methods

The TP classes will be the exposition of theoretical contents, using debate and fast exercises resolution that promote the active participation of students. The PL classes will consist in the training of nutritional and dietary assessment techniques, counseling simulation and resolution of practical exercises. In the tutorial orientation, support will be given to the autonomous work of the student

Assessment methods

- Two evaluation moments: - (Regular, Student Worker) (Final, Supplementary, Special)
- Practical Work - 50% (An evaluation of theoretical component, in the examination period.)
- Case Studies - 50% (Evaluation of the "Problem-solving" component.)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Filomena Maria Coutinho Pereira, Juliana Almeida de Souza	Ana Maria Geraldês Rodrigues Pereira	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
15-01-2024	16-01-2024	16-01-2024	16-01-2024

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