

Course Unit	Laboratorial Dietetics	Field of study	Dietetics and Nutrition
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2025/2026	Year of study	2
Type	Semestral	Semester	1
Level	1-2	ECTS credits	6.0
Code	8149-807-2102-00-25		
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) Ana Isabel Marques Rosa, Ana Maria Geraldês Rodrigues Pereira, Filipe Daniel de Almeida Ferreira

#### Learning outcomes and competences

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

1. Identify weights and capacities of different food items and utensils
2. Recognize materials, equipments and utensils; and its practical use
3. Characterize the gastronomic methods
4. Identify and characterize food, transformation processes, quantities and nutritional equivalents
5. Define the relation between physical/ chemical reactions occurring during preparation/ cooking and food transformations
6. Calculate the portions of different dietetic plans and its nutritional value
7. Select and put into practice different cooking methods according to food dietetic properties, dietetic principles and final result pretended
8. Execute in the dietetic lab the diet plans calculated in Dietetics I

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

#### Course contents

Lab process of nutritional adaptation of the diet plan to the individuals

#### Course contents (extended version)

1. Weights, Volumes and Portion Sizes
2. Basic technique in laboratorial Dietetics
3. Materials that contact with food
4. Food: physical and chemical transformations
  - Cereals
  - Vegetables and beans
  - Fruits
  - Meat and Fish
  - Dairy
  - Eggs and sauces
  - Sugar
  - Fats
  - Drinks
  - Additives, salt and condiments
5. Portions of the diet plan: from nutritional calculation to the dietetic lab
6. Laboratory Dietetics as a tool to the diet planification in physiologic and pathologic situations

#### Recommended reading

1. Food Chemistry, disponível em <https://www.sciencedirect.com/journal/food-chemistry>
2. Moreira, LN. (2016). Técnica Dietética. 1ª edição. Rio de Janeiro : Estácio.
3. Camargo, EB.(2023). Técnica Dietética: Pré Preparo e Preparo de Alimentos. Editora Manole São Paulo
4. Bennion, M. ; Scheule, B. (2014). Introductory Foods (14th edition). Columbus, Ohio: Prentice Hall
5. Bezerra, VM. (2019). Técnica Dietética em Preparações Especiais. Teoria e Prática de Laboratório. Rio de Janeiro: Rubio.

#### Teaching and learning methods

The expositive method is used in the TP classes, using also the debate/ discussion, promoting the individual reflection and stimulating communication. The techniques used are: oral communication and multimedia presentations. The practical classes will consist in the lab application of the course contents, with posterior development of reports.

#### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Final Written Exam - 40% (TP Classes Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
  - Practical Work - 60% (PL Evaluation. Minimal classification required, according to the Pedagogical Regulation.)
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

#### Language of instruction

Portuguese

## Electronic validation

Ana Isabel Marques Rosa, Ana Maria Geraldés Rodrigues Pereira, Filipe Daniel de Almeida Ferreira	Juliana Almeida de Souza	Luis Migue Fernandes Nascimento	Olivia Rodrigues Pereira
04-11-2025	23-02-2026	24-02-2026	02-03-2026