

Course Unit	Legislation and Food Policy	Field of study	Dietetics and Nutrition
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2023/2024	Year of study	2
Type	Semestral	Semester	1
Level	1-2	ECTS credits	5.0
Code	8149-807-2104-00-23		
Workload (hours)	135	Contact hours	T - , TP 30, PL - , TC 30, S - , E - , OT 7,5, 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. Know and consult food legislation.
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. Consult the DRE and the Official Journal of the European Communities for food legislation. 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. National and community legislative process.
  - Hierarchies of laws, bodies with legislative capacity and stages in the life of the law.
  - Examples of national/community legislative acts relevant to the food sector.
  - Information sources.
  - Labeling of foodstuffs.
  - Nutritional and health claims.
  - Relevant environmental legislation in the food sector.
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 politics 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. <https://eur-lex.europa.eu/oj/direct-access.html?locale=pt>
2. <https://diariodarepublica.pt/dr/home>
3. Branca F, Lartey A, Oenema S, et al. Transforming the food system to fight noncommunicable diseases. BMJ. 2019; 364: I296.
4. World Health Organization. Toolkit for developing a multisectoral action plan for noncommunicable diseases da OMS. Geneva: World Health Organization; 2022.
5. Programa Nacional para a Promoção da Alimentação Saudável 2022-2030 Lisboa: Direção-Geral da Saúde, 2022.

### 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

1. Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%
2. Alternative 2 - (Regular) (Final)
  - Case Studies - 20%

**Assessment methods**

- Projects - 20%
- Final Written Exam - 60%

**Language of instruction**

Portuguese

**Electronic validation**

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07-11-2023	08-02-2024	08-02-2024	08-02-2024