

Course Unit	Dietetics and Nutrition in the Elderly		Field of study	Dietetics and Nutrition	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2025/2026	Year of study	2	Level	1-2
Type	Semestral	Semester	2	ECTS credits	4.0
Code	8149-807-2202-00-25				
Workload (hours)	108	Contact hours	T -	TP 22,5	PL 30
			TC -	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) **Iolanda Ligia Rodrigues Afonso**

Learning outcomes and competences

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

1. To have basic knowledges of Nutrition and Dietary and apply them in Gerontology;
2. Describe the physiological changes of the aging process with consequences at dietary and nutritional levels;
3. To highlight the psychosocial aspects of the elderly diet;
4. To know techniques of nutritional state assessment on elderly people;
5. Identify the nutritional needs of the elderly people;
6. Point out the symptoms or consequences of certain pathologies that can affect the diet or the nutrition of elderly people, highlighting the diet and nutrition as an integrative part of the treatment.
7. To know the concept of food safety, the pre-requisites, good practices and legal obligations in food services of elderly care institutions.

Prerequisites

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

Course contents

The course focuses on the assessment of nutritional status in older adults and the application of nutritional therapy in various age-related clinical conditions, including sarcopenia, dementia, and metabolic diseases. It also addresses strategies to promote healthy longevity and the impact of drug-nutrient interactions on absorption, metabolism, and the effectiveness of nutritional interventions.

Course contents (extended version)

1. Adult and Elderly dietetics
 - Nutritional needs and recommendations
2. Nutritional problems of elderly
 - Physiological changes of the aging process
 - Causes and consequences of elderly nutritional problems
 - Elderly Nutritional Therapy Strategies
3. Nutritional Status Assessment
4. Nutritional Pathologies
 - Undernutrition
 - Obesity
 - Dysphagia
 - Intestinal dysfunction
 - Endocrine Pathologies
 - Cardiovascular Diseases
 - Wounds and burns
5. Food service in elderly care institutions.
6. Inflammaging and longevity
7. Nutritional supplementation
8. Pharmaconutrient interactions

Recommended reading

1. Scopus database
2. Pubmed database
3. Web of Science database

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. It will be carried out tutorial orientation of the autonomous student work.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Projects - 60%
 - Presentations - 40%
2. Final assessment - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100% (For students not approved during the final season or who intend to improve their grade)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Iolanda Ligia Rodrigues Afonso	Vera Alexandra Ferro Lebres	Luis Migue Fernandes Nascimento	Olivia Rodrigues Pereira
30-03-2026	21-04-2026	27-04-2026	02-05-2026