

Course Unit	Dietetic in Food Services		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	2	ECTS credits	6.0
Workload (hours)		162	Contact hours	T -    TP 45    PL -    TC 15    S -    E -    OT 15    O -	
Code 8149-807-2205-00-23					

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) Mara Sofia Rodrigues

### Learning outcomes and competences

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

1. Know the production process in public food services
2. Execute the dietitian functions related to the auto control systems in food services
3. Implement traceability systems
4. Perform education plans to food manipulators
5. Carry out organoleptic analysis
6. Plan healthy menus according to the public
7. Develop complete and systematic technical support sheets
8. Develop and ensure the contract items between client and company

### Prerequisites

Before the course unit the learner is expected to be able to:  
Have knowledge in food safety

### Course contents

Approach to the areas of intervention of the dietitian in Food Services

### Course contents (extended version)

1. Production Process in Food Services
2. Auto control systems applied to food services;
3. Traceability
4. Responsibility of the food service operators
5. Menu Planning and technical support sheets development
6. Commercial relations in food services: companies and clients

### Recommended reading

1. Journal of Food Safety, disponível em <http://www.blackwellpublishing.com/journal.asp?ref=0149-6085&site=1>
2. Journal of Food Quality, disponível em <http://www.blackwellpublishing.com/journal.asp?ref=0146-9428>
3. Vachlavik VA, Cristian WE (2008). Essentials of food science. Reino Unido: Springer.
4. Fernandes E, Lopes da Silva MF, Ramalhosa E (2012). Sistemas de gestão da segurança alimentar. Portugal: Edições Silabo.
5. Bolton DJ, Maunsell B (2006). Guia para controlo da segurança alimentar em restaurantes europeus. Portugal: Instituto Nacional de Saúde Dr. Ricardo Jorge

### 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 take place camp work (study visits; in loco application of the course contents), as also tutorial orientation of the autonomous student work.

### Assessment methods

- Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 50% (TP Component: To be assessed in the examination period. Minimal score required.)
  - Practical Work - 50% (TC Component: It is not liable to be assessed by written test. Minimal score required.)

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

Mara Sofia Rodrigues	Vera Alexandra Ferro Lebres	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
01-04-2024	08-04-2024	09-04-2024	11-04-2024