

Course Unit	Control and Food Quality Certification	Field of study	Dietetics and Nutrition
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2025/2026	Year of study	3
Type	Semestral	Semester	1
Level	1-3	ECTS credits	5.0
Code	8149-807-3101-00-25		
Workload (hours)	135	Contact hours	T - - TP 30 PL - TC 22 S - E - OT 15 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) **Fábio Manuel dos Santos Aires**

Learning outcomes and competences

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

1. To know the evolution of quality concept and food quality concept; Know the principles of quality management;
2. Know the procedures and entities involved in the implementation of quality management systems at the national and international levels
3. To Distinguish between accreditation and certification.
4. Know the methodologies for implementing a quality management system.
5. To implement Quality Management and Food Safety Systems;
6. To know the interrelationship between the most important references normative for quality and food certification;
7. Understand and apply European and national food legislation related to food control and safety.
8. To Know the Food Product Certification Systems.

Prerequisites

Not applicable

Course contents

Concept of Quality and its evolution. Principles of quality management. Normative references. Methodologies for implementing a quality management system. National and European legislation on food control and safety. Food Safety Management Systems. Certification Systems for Food Products. Geographical indications and EU quality schemes.

Course contents (extended version)

1. Basic Concepts of Quality Management:
 - Evolution of the quality concept;
 - Evolution of quality management;
 - Principles of Quality Management;
 - The cost of quality.
 - Eliminate non-quality.
2. The Portuguese Quality System:
 - Concepts Certification and Accreditation;
 - Subsystems PQS: Qualification, Metrology and Normalization.
3. Methodologies for implementing a quality management system (NP EN ISO 9001: 2015).
 - The different norms of the ISO 9000 series.
 - Quality principles, vocabulary, requirements, standard organization and implementation process.
4. Food safety:
 - WHO - Global Strategy for food safety Discussion on the recent food crises in Europe.
 - Codex Alimentarius and Food Security Policy in the EU: Green Paper; and White Paper
 - Food Legislation - Regulation 178/2002; R 852/2004; R853/2004; R625/2017.
 - Products Traceability
 - Chemical Safety: contaminants; additives; flavorings; medicinal residues; materials contact with food
 - Biological safety
 - Labeling and nutritional and health claims
 - Dietary supplements; foods for specific groups
 - Natural mineral waters; Genetically Modified Organisms (GMOs).
 - Animal feed; Feed Ban
5. Food safety management:
 - Principal references of food certification and their comparison
 - Global Food Safety Initiative (GFSI)
 - Norm International Featured Standards Food (IFS Food, v 6);
 - NP EN ISO 22000: 2018
 - Other references: FSSC 22000; DS 3027E; ERS 3002; MSC; Global G. A. P...
6. Food product certification systems:
 - Geographical indications and EU quality schemes: PDO; PGI; TSG; others
 - Organic Agriculture and Production.
 - Integrated Production.

Recommended reading

1. Codex Alimentarius: GENERAL PRINCIPLES OF FOOD HYGIENE CXC 1-1969 Adopted in 1969. Amended in 1999. Revised in 2022
2. Fernandes, E. , Silva, M. F. , Ramalhosa, E. (2012). Sistemas de Gestão da Segurança Alimentar. 1ª Edição. Editora Silabo: Lisboa.
3. NORMAS ISO (9000: 9001; 22000);
4. 2024 Annual Report Alert and Cooperation Network. European Union, May 2025
5. Legislação alimentar: Reg. n. 178/2002; Reg. n. 852/2004; Reg. n. 853/2004; Reg. n. 2017/625; Reg. n. 1935/2004; Reg. n. 2283/2015; Reg. n. 2073/2005; Reg. n. 2023/915; Reg. n. 1169/2011. . .

Teaching and learning methods

Theoretical-practical classes using the expository method; tutorial guidance classes employing active and interactive methods for practical exercises and development; fieldwork for applying theoretical content and documents developed during tutorial guidance classes.

Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
 - Final Written Exam - 60% (Minimal classification required, according to the Pedagogical Regulation- ESSa- IPB(8, 5 values))
 - Reports and Guides - 40%
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

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22-10-2025	04-11-2025	04-11-2025	15-11-2025