

Course Unit	Dietetics and Community Nutrition		Field of study	Dietetics and Nutrition	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2023/2024	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	5.0
Code	8149-807-3103-00-23				
Workload (hours)	135	Contact hours	T -	TP 37,5	PL -
			TC 15	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)

### Learning outcomes and competences

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

1. Identify the main historical milestones in public health
2. To identify the nutritional and health needs of a community
3. To identify the determinants of nutritional and health status and food consumption of a community
4. To understand the Portuguese health, nutritional, and food situation
5. To learn the methodologies of Nutrition Education in the life cycle
6. To know the programs in Dietetics Community
7. To plan, implement, and assess an intervention in Dietetics and Nutrition Community

### Prerequisites

Before the course unit the learner is expected to be able to:  
None

### Course contents

Approach of dietitian intervention in the Community and Public Health field

### Course contents (extended version)

1. Introduction to Public Health and to Community Dietetics: history, concepts, and principles
2. Nutritional and health status determinants of a community
3. Food consumption determinants of the individuals and groups
4. Portuguese health, nutritional, and food situation
5. Community Dietetics and Nutrition: health promotion plans
  - Needs assessment, planning, executing, management and evaluation of intervention
6. Nutrition education
7. Community Dietetics applied to the life cycle and special situations
8. National and international Dietetics community programs

### Recommended reading

1. Moyle, M. A., Holben, D. H. (2006). Nutrition Education: Linking Research, Theory e Practice. USA: Jones and Bartlett Publishers.
2. Contento, I. R. (2007). Community Nutrition in Action: an entrepreneurial approach (4th edition). USA: Thomson Wadsworth.
3. Bartrina JA. (2013) Nutrición comunitaria 3.ª ed. Barcelona: Masson.
4. Nnakwe, NE. (2013) Community nutrition: planning health promotion and disease prevention 3rd ed. Sudbury, Massachusetts: Jones and Bartlett Publishers.
5. Contento I. (2016) Nutrition education: linking research, theory, and practice. 3rd ed. Burlington, MA: Jones & Bartlett Learning.

### Teaching and learning methods

The syllabus will be taught through text analysis, solving exercises with debate and reflection, promoting the active participation of the student in the learning process. It will take place fieldworks (in loco application of the course contents), as also tutorial orientation of the autonomous student work.

### Assessment methods

1. Fieldwork, exercise and exam - (Regular, Student Worker) (Final)
  - Practical Work - 10% (Group exercises during TP classes, for those who carry out continuous assessment.)
  - Projects - 40% (Planning and development of a fieldwork. It is not possible to be assessed by test. Minimal grade.)
  - Portfolio - 25% (Reflective report written on the fieldwork. Minimum grade cf. reg. pedagogical.)
  - Work Discussion - 25% (Discussion of the field work and the TP article. Minimum grade according to reg. pedagogical.)
2. Fieldwork and exam - (Regular, Student Worker) (Supplementary, Special)
  - Projects - 50% (Planning and development of a fieldwork. It is not possible to be assessed by test. Minimal grade.)
  - Portfolio - 25% (Reflective report written on the fieldwork. Minimum grade cf. reg. pedagogical.)
  - Work Discussion - 25% (Discussion of the field work and the TP article. Minimum grade according to reg. pedagogical.)

### Language of instruction

Portuguese

### Electronic validation

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15-01-2024	07-02-2024	07-02-2024	07-02-2024