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| Course Unit | Integrated Project in Dietetics and 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 | 8149-807-3105-00-23 | | | | |
| Workload (hours) | 135 | Contact hours | T - | TP 30 | 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) Ana Maria Geraldês Rodrigues Pereira, Juliana Almeida de Souza, Cláudia Margarida Parra Pires, Elsa Alexandra Antunes Alves

Learning outcomes and competences

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

1. Relate the different contents of the course's curricular units to build knowledge with the integration of different disciplinary knowledge
2. Get knowledge about the theoretical framework and technical specifications for developing a healthy gastronomy project
3. Acquire skills in identifying real problems, needs and opportunities related to gastronomy that may have an impact on a healthy lifestyle
4. Acquire skills in planning and executing a healthy gastronomy project, from its contextualization, conceptualization, budgeting, execution, evaluation, communication and marketing.
5. Plan and design a project based on traditional gastronomy and associated with healthy gastronomy aiming to promote health.

Prerequisites

Not applicable

Course contents

Development of a project involving healthy gastronomy for a defined audience in which the student can apply the skills acquired in the current curricular units.

Course contents (extended version)

1. Conceptual framework
2. Communication and education for healthy gastronomy
3. Methodology for planning and executing a Healthy Gastronomy Project
4. Situation diagnosis
5. Defining objectives
6. Project budget
7. Project timeline
8. Activities
9. Results assessment
10. International, national and regional trends in gastronomic tourism
11. Communication and marketing in food and gastronomy
12. Food labels and nutritional and health claims
13. Regulation in food and gastronomy

Recommended reading

1. Gordon W.Fuller(2011). New Food Product Development: From Concept Marketplace. CRC Press Taylor
2. Wold Tourism Organization and Basque Culinary Center (2019). Guidelines for the Development of Gastronomy Tourism. Madrid
3. Dixit, S. (2019). The Routledge Handbook of Gastronomic Tourism. London and New York: Routledge.

Teaching and learning methods

Theoretical-practical classes using expository, participatory and interactive methods and also active methodology, involving Hands on, flipped classes, gamification and tutorial monitoring.

Assessment methods

1. Final Evaluation - (Regular) (Final)
 - Projects - 70% (Cognitive dimension (Comprehension and knowledge exercises and Work/activities))
 - Work Discussion - 30% (Social and Human Dimension)
2. Resource Evaluation - (Regular, Student Worker) (Supplementary, Special)
 - Projects - 100% (Final written work)

Language of instruction

Portuguese

Electronic validation

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|---|--------------------------|---------------------------------|---------------------------------------|
| Ana Maria Geraldês Rodrigues Pereira, Juliana Almeida de Souza | Juliana Almeida de Souza | Luis Migue Fernandes Nascimento | Adília Maria Pires da Silva Fernandes |
| 07-02-2024 | 08-02-2024 | 08-02-2024 | 08-02-2024 |