

Course Unit	Internship in Dietetics and Nutrition I		Field of study	Dietetics and Nutrition	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2025/2026	Year of study	4	Level	1-4
Type	Semestral	Semester	1	ECTS credits	30.0
Code	8149-807-4101-00-25				
Workload (hours)	810	Contact hours	T -	TP -	PL -
			TC -	S -	E 525
			OT -	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 Manuela Onofre Meireles, Ana Maria Geraldês Rodrigues Pereira, Mara Sofia Rodrigues, Maria de Fatima Viana da Rocha

Learning outcomes and competences

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

1. Work as a dietitian in the administrative and food safety fields
2. Work as a dietitian in the clinical field
3. Work as a dietitian in the community and public health field
4. Participate in ongoing research work within the scope of the functions inherent to the Dietitian or Nutritionist

Prerequisites

Before the course unit the learner is expected to be able to:

Solve theoretic and practice exercises and supervised activities in all Dietetics intervention fields.

Course contents

Development of all professional activities of the dietitians, in Clinical Dietetics, Community nutrition, Administrative and Food Safety and Research Applied to Dietetics and Nutrition.

Course contents (extended version)

- Professional Practice: Clinical and Community Dietetics, Management of Food Quality and Safety
- Participation in dietetic and nutritional consultations for healthy or sick individuals
- Assessment of the risk or complete nutritional status of healthy or sick individuals
- Implementation of all stages of individualized dietary care
- Participation in clinical sessions in nutritionist and/or multidisciplinary teams
- Development of community actions: training, adaptation of supply and nutritional reeducation
- Participation in quality control, hygiene and food safety in restaurants
- Participate in the management of the food, dietetics and nutrition service
- Participation in research work applied to Dietetics and Nutrition in progress during internships

Recommended reading

1. The American Journal of Clinical Nutrition, disponível em [www. b-on. pt](http://www.b-on.pt)
2. Journal of Food Safety, disponível em www. b-on. pt
3. Journal of Food Quality, disponível em www. b-on. pt
4. Journal of Nutrition Education and Behavior, disponível em www. b-on. pt
5. Journal of the Academy of Nutrition and Dietetics, disponível em www. b-on. pt

Teaching and learning methods

Development of all the activities inherent to the dietitian profession, with supervision by the practitioner dietitian, in such a way that the student acquires autonomy work capacities. The dietitian lecturer accompanies the supervisor and the student to ensure the aims achievement.

Assessment methods

- Unique Alternative - (Regular, Student Worker) (Final, Supplementary, Special)
 - Practical Work - 50% (Evaluation by the mentor (dietitian). No written exam can substitute this evaluation.)
 - Work Discussion - 20% (Practical Placement Oral Presentation/Discussion. No written exam can substitute this evaluation.)
 - Reports and Guides - 25% (Final Written Report. No written exam can substitute this evaluation.)
 - Presentations - 5% (Attendance and compliance with deadlines)

Language of instruction

Portuguese

Electronic validation

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22-10-2025	23-02-2026	24-02-2026	02-03-2026