

Course Unit	Dietetics and Nutrition		Field of study	Therapy and Rehabilitation	
Bachelor in	Nursing		School	School of Health	
Academic Year	2021/2022	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	3.0
Code	9500-698-1104-00-21				
Workload (hours)	81	Contact hours	T -	TP 37,5	PL -
			TC -	S -	E -
			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 Maria Gerales Rodrigues Pereira

Learning outcomes and competences

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

1. Identify the major components present in various food groups and their functions;
2. To identify the physiological basis of Nutrition and Dietetics;
3. Execute different nutritional assessment methods
4. Understand the importance of nutrition as prevention and / or therapy for different diseases

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable.

Course contents

Terms and Concepts in Dietetics and Nutrition; Healthy Feeding; Nutritional and no nutritional compounds of foods; Nutritional status; Nutrition in the life cycle; Hospital nutrition in several diseases. Nutritional Education.

Course contents (extended version)

1. Terms and Concepts in Dietetics and Nutrition
2. Healthy Feeding
 - Principles of Healthy Feeding
 - Food Wheel: Groups and Composition
3. Nutritional and no nutritional compounds of food
 - Definition and classification
 - Sources
 - Structure
 - Functions
 - Needs and recommendations
4. Nutritional assessment
5. Nutrition in the life cycle
6. Hospital nutrition in several diseases
7. Nutritional Education

Recommended reading

1. Institute of Medicine. (2006). Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington DC: The National Academies Press.
2. Mahan, LK; Escott-Stump, S. Krause. (2010). Alimentos, Nutrição e Dietoterapia. 12ª Edição. São Paulo: Roca.
3. De Angelis, RC; Tiraepgui, J. (2007). Fisiologia da Nutrição Humana - aspectos básicos, aplicados e funcionais. 2ª Edição. São Paulo: Atheneu.
4. Waitzberg, DL. (2002) Nutrição Oral, Enteral e Parenteral na Prática Clínica (3ª Edição). São Paulo: Editora Atheneu
5. Bongiovanni, TRS et al. (2010). Celiac Disease Impact of Gluten-free Camp on Quality of Life of Children and Adolescents with. Pediatrics.

Teaching and learning methods

Theoric lessons using the methods: participative expositive and reflexive interactive. Tutorship orientation lessons for tutorship of the scientific papers critical analysis and discussion.

Assessment methods

1. Regular evaluation - (Regular, Student Worker) (Final)
 - Final Written Exam - 70% (Minimal classification required, according to the Pedagogical Regulation- ESSa- IPB(8, 5 values))
 - Development Topics - 30%
2. Special Evaluation - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

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11-11-2021	11-11-2021	15-11-2021	16-11-2021