

Course Unit	Dietetics and Nutrition		Field of study	-	
Bachelor in	Nursing		School	School of Health	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	3.0
Code	9500-811-1104-00-23				
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. EFSA (European Food Safety Authority). (2017). Dietary Reference Values for nutrients Summary report. EFSA supporting publication
2. Mahan, L. K; Raymond J. L. (2018). Alimentos, Nutrição e Dietoterapia. 14. ed. - Rio de Janeiro : Elsevier,
3. De Angelis, R. C; Tirapegui, J. (2007). Fisiologia da Nutrição Humana - aspectos básicos, aplicados e funcionais. 2ª Edição. São Paulo: Atheneu.
4. Waitzberg, D. L. (2017). Nutrição Oral, Enteral e Parenteral na Prática Clínica (5ª Edição). São Paulo: Editora Atheneu
5. Bascuñán, K. A; Vespa M. C; Araya, M. (2017). Celiac disease: understanding the gluten-free diet. Eur J Nutr.

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)
 - Intermediate Written Test - 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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02-11-2023	06-11-2023	06-11-2023	06-11-2023