

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	9501-699-1104-00-21				
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. 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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01-03-2022	02-03-2022	01-04-2022	02-04-2022