

Course Unit	Nutrition and Dietetics in the Elderly		Field of study	Therapy and Rehabilitation	
Bachelor in	Gerontology		School	School of Health	
Academic Year	2023/2024	Year of study	2	Level	1-2
Type	Semestral	Semester	1	ECTS credits	4.0
Code	9833-346-2103-00-23				
Workload (hours)	108	Contact hours	T -	TP 30	PL -
			TC -	S -	E -
			OT 12	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)

Learning outcomes and competences

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

1. To have basic knowledges of Nutrition and Dietary and apply them in Gerontology;
2. Describe the physiological changes of the aging process with consequences at dietary and nutritional levels;
3. To highlight the psychosocial aspects of the elderly diet;
4. To know techniques of nutritional state assessment on elderly people;
5. Identify the nutritional needs of the elderly people;
6. Point out the symptoms or consequences of certain pathologies that can affect the diet or the nutrition of elderly people, highlighting the diet and nutrition as an integrative part of the treatment.
7. Promote the elderly's food and nutritional health in community actions.
8. To know the concept of food safety, the pre-requisites, good practices and legal obligations in food services of elderly care institutions.

Prerequisites

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

Course contents

1. General Nutrition and Dietary concepts; 2. Healthy Diet; 3. Adult and elderly dietary recommendations; 4. Nutritional problems of elderly people; 5. Nutritional intervention in pathologies common on the elderly; 6. Evaluation of nutritional status; 7. Food and nutrition education to elderly; 8. Food service in elderly care institutions.

Course contents (extended version)

1. General Nutrition and Dietetic concepts
2. Healthy Nutrition
 - Principles of Healthy Nutrition
 - Healthy diet graphics, mediterranean diet and dietary recommendations for elderly.
 - Macronutrients, micronutrients and other constituents
3. Adult and Elderly dietetics
 - Nutritional needs and recommendations
4. Nutritional problems of elderly
 - Physiological changes of the aging process
 - Causes and consequences of elderly nutritional problems
 - Elderly Nutritional Therapy Strategies
5. Nutritional Status Assessment
 - Anthropometry
 - Biochemical
 - Clinical
 - Dietetic
6. Nutritional Pathologies
 - Undernutrition
 - Obesity
 - Dysphagia
 - Intestinal dysfunction
 - Endocrine Pathologies
 - Cardiovascular Diseases
7. Food and nutrition education to the elderly
8. Food service in elderly care institutions.

Recommended reading

1. Mahan, L. K. , & Escott-Stump S. (2010) Krause: Alimentos, Nutrição e Dietoterapia. (12ª ed.). São Paulo: Elvevier.
2. Busnello, F. M. (2007). Aspectos Nutricionais no Processo do Envelhecimento. São Paulo: Atheneu.
3. De Angelis, R. C. , & Tirapegui, J. (2007). Fisiologia da Nutrição Humana - aspectos básicos, aplicados e funcionais. (2ª ed.). São Paulo: Atheneu.
4. Ferry, M. et al. (2004), A Nutrição da Pessoa Idosa. (2ª ed.). Lisboa: Lusociência.

Teaching and learning methods

The expositive method is used in the TP classes, using also the debate/ discussion, promoting the individual reflection and stimulating communication. It will be carried out tutorial orientation of the autonomous student work.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 100% (Two written evaluations (50%+50%) during the semester.)
2. Final assessment - (Regular, Student Worker) (Supplementary)
 - Final Written Exam - 100% (For students not approved during the final season or who intend to improve their grade)
3. Special Assessment Period - (Regular, Student Worker) (Special)
 - Final Written Exam - 100% (For special situations provided in pedagogical regulation)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

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