

Course Unit	Dietetics and Nutrition		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	5.0
Code	8149-501-1205-00-19				
Workload (hours)	135	Contact hours	T -	TP 45	PL -
			TC -	S -	E -
			OT 15	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) Carmen Marina Afonso Guerra

Learning outcomes and competences

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

1. To understand the impact of the main historical revolutions in human food evolution and specific pathologies appearing;
2. Identify the major components present in various food groups and their functions;
3. To identify the physiological basis of Nutrition and Dietetics;
4. To know nutraceuticals and functional food and its impact in the human body.

Prerequisites

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

Course contents

Terms and Concepts in Dietetics and Nutrition; Food History; Healthy Feeding; Nutritional and no nutritional compounds of foods; Physiology of Dietary and Nutrition; Nutraceuticals and Functional Foods.

Course contents (extended version)

1. Terms and Concepts in Dietetics and Nutrition
2. Food History
 - Pre-history - The Stone Age: Paleolithic, Mesolithic and Neolithic
 - Antiquity and the Great Civilizations: Egyptian, Hebrew People, Greek and Roman, Barbarian People
 - Middle Age
 - Modern Period (XVI-XVII centuries) and XVIII century
 - Contemporary Period (XIX-XX centuries)
 - XXI century
3. Healthy Feeding
 - Principles of Healthy Feeding
 - Food Wheel: Groups and Composition
4. Nutritional and no nutritional compounds of food
 - Definition and classification
 - Sources
 - Structure
 - Functions
 - Needs and recommendations
5. Physiology of Nutrition and Dietetics
 - Ingestion, swallowing, digestion, absorption, transport, metabolism, storage and excretion
6. Nutraceuticals and Functional Foods
 - History
 - Definition
 - Characteristics
 - Classification

Recommended reading

1. Institute of Medicine. (2006). Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington DC: The National Academies Press.
2. Flandrin, Jean-Louis; Montanari, M. (1998). História da Alimentação Vol. I - Dos primórdios à Idade Média. Lisboa: Terramar.
3. Flandrin, Jean-Louis e Montanari, M. (1996). História da Alimentação Vol. II - Da Idade Média aos tempos actuais. Lisboa: Terramar.
4. Mahan, LK; Escott-Stump, S. Krause. (2010). Alimentos, Nutrição e Dietoterapia. 12ª Edição. São Paulo: Roca.
5. De Angelis, RC; Tirapegui, J. (2007). Fisiologia da Nutrição Humana - aspectos básicos, aplicados e funcionais. 2ª Edição. São Paulo: Atheneu.

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 - 100% (Four written tests)
2. Special Evaluation - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Carmen Marina Afonso Guerra	Juliana Almeida de Souza	Antonio Jose Madeira Nogueira	Adília Maria Pires da Silva Fernandes
09-03-2020	30-03-2020	30-03-2020	30-03-2020