

Course Unit	Dietetics I	Field of study	Therapy and Rehabilitation
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2019/2020	Year of study	2
Type	Semestral	Semester	1
Level	1-2	ECTS credits	5.0
Code	8149-501-2103-00-19		
Workload (hours)	135	Contact hours	T - TP 30 PL 30 TC - S - E - OT 6 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) Juliana Almeida de Souza, Carla Vanessa Dias Sarmento Correia

### Learning outcomes and competences

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

1. Know the general dietetics concepts
2. Identify nutritional needs in the adulthood
3. Execute different nutritional assessment methods
4. Do nutritional diagnosis and apply the dietary care processes according to the PES methodology
5. Perform and calculate different dietary assessment methods
6. Recognize the nutritional support systems and its use
7. Achieve food habits changes according to the dietetic aim

### Prerequisites

Before the course unit the learner is expected to be able to:  
Recognize the nutrients and their functions in the human body

### Course contents

General concepts of Dietetics. Healthy Diet in adulthood, in different cultures and lifestyles and in sports. Nutritional assessment. Nutritional Care Process and Model. Nutritional Support Systems. Food Habits Modification.

### Course contents (extended version)

1. General concepts of Dietetics
  - Fundamental food laws
  - Dietary Reference Intakes
  - Portuguese Food Composition Table
2. Dietetics in Adulthood
  - Individual energy needs calculation
  - Individual nutritional needs calculation: protein, lipids, carbohydrates, dietary fiber and water
  - Determination of the individual needs of vitamins and minerals
  - Food recommendations for the general population
  - Individual food planning
3. Nutritional assessment
  - Anthropometry
  - Biochemical and laboratory evaluation
  - Clinical evaluation
  - Dietetic evaluation
4. Nutritional Care Process and Model
  - Nutritional Care Steps
  - Nutritional diagnosis according to PES methodology
  - Nutritional Support Systems: Oral, Oral supplementations, Enteral and Parenteral
5. Modification of Food Habits
  - Rationale, aims and Methods
  - Dietetics counseling
  - Graphic representations of healthy eating
6. Cultural and Lifestyle Practices
  - Vegetarian diets
  - Fast-food pattern
  - Mediterranean food pattern
  - Low cost food pattern
  - Food and substance use, alcohol consumption, smoking habits, smoking cessation
  - Sports Dietetics

### Recommended reading

1. Mahan, L. K. , Escott-Stump, S. (1998) Krause: Alimentos, Nutrição e Dietoterapia (9ª Edição). São Paulo: Roca.
2. Thomas, B. , The British Dietetic Association (2001). Manual de Prática Dietética. Lisboa: Instituto Piaget.
3. Insel, P. , Turne, R. E. , Ross, D. (2001) Nutrition. Massachusetts: Jones and Barlett Publishers.
4. Horta, L. (2000) Nutrição no Desporto (2ª Edição). Lisboa: Editorial Caminho.
5. "The Journal of Nutrition", Disponíveis em: <http://jn.nutrition.org/> & Publicações do Institute of Medicine, Disponíveis em: <http://www.iom.edu/>

### Teaching and learning methods

The TP classes will be the exposition of theoretical contents, using debate and fast exercises resolution that promote the active participation of students. The PL classes will consist in the training of nutritional and dietary assessment techniques, counseling simulation and resolution of practical exercises. In the tutorial orientation, support will be given to the autonomous work of the student

### Assessment methods

- Two evaluation moments: - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 50% (An evaluation of theoretical component, in the examination period.)
- Case Studies - 50% (Evaluation of the "Problem-solving" component.)

**Language of instruction**

Portuguese, with additional English support for foreign students.

**Electronic validation**

Juliana Almeida de Souza	Ana Maria Geraldes Rodrigues Pereira	Antonio Jose Madeira Nogueira	Adília Maria Pires da Silva Fernandes
19-11-2019	27-11-2019	27-11-2019	27-11-2019