

Course Unit: 9500607 - Food, Nutrition and Health

Year 1 Semester 1 ISCED Code: 915 ECTS: 2

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Olga Maria Reis Pacheco de Amaral

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
56	16	12					4		24

Prerequisites (if applicable): not applicable

LEARNING OUTCOMES (knowledge, skills and competence)

It is expected that the student:

- Understand the concepts / basic principles of healthy eating and nutrition meet the needs of the person in the different stages of life in the context of the family, and community groups;
- Analyze critically important determinants interrelated with inappropriate eating behavior, particularly in regard to malnutrition, overweight and obesity;
- Identify key evaluation indicators of nutritional status;
- Apply methods and tools of nutritional assessment and clinical monitoring;
- Analyze the nurse's critical role in promoting appropriate lifestyle, particularly in regard to healthy eating habits and nutrition;
- Equate intervention strategies in a holistic and inter-perspective;
- Demonstrate ability to research, analysis, critical thinking and problem solving in relation to case studie.

CONTENTS

Food and nutrition: basic concepts of nutrition and healthy nutrition

-Food

- Wheel of food / food pyramid / Food groups

-Nutrients

- Functions / Groups

-Food and healthy eating behavior across the life cycle

- Historical evolution

- Food Standards

- Diets and dietary supplements

- Food / extreme nutritional disorders and their relationship with eating behavior: malnutrition, overweight and obesity

-Food quality and safety

-Nutritional status

-The nurse as a promoter of healthy eating habits, within an interprofessional team

- Health policies: recommendations and guidelines
- Intervention strategies

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

The syllabus hold up a thematic approach that enable students to acquire well-founded, systematic and integrated way, technical and scientific knowledge needed to develop skills and competencies in the promotion of healthy behaviors and lifestyles of people , families and communities, particularly in relation to food and nutritional habits, prevention of malnutrition and overweight and obesity.

TEACHING METHODOLOGIES

Expository, analytical and reflective methodologies, interactive approach, promoting the learning of students, focusing on the development of skills and competences to acquire and develop will be used.

In the lectures, if priority is the exhibition methodologies with interactive character, considering the oral presentation of content in dialog position and participation of students, using audiovisual means. In practical classes, we emphasize the interactive approach, analytical and reflective, considering the use of the method of problem solving, research-oriented analysis of texts and conducting group work.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The teaching methods used are intended coherence and coordination with the defined learning objectives.

On the whole bet on a primarily interactive strategy that values the cognitive processes of nature and stimulates critical and reflective analysis of the students. They aim to provide students the knowledge and tools necessary so that, together with independent work, develop their analytical skills, thinking and problem solving, thus contributing to the development of the proposed competencies and achieve the expected results.

EVALUATION METHODS

The evaluation is continuous. It will contemplate the accomplishment of a test written individual and the accomplishment of works on relief subjects for the development of the knowledge, aptitudes and abilities to develop.

MAIN BIBLIOGRAPHY

Direção Geral da Saúde (s.d.). Plataforma contra a obesidade [on-line]. Disponível em http://www.plataformacontraaobesidade.dgs.pt/PresentationLayer/homepage_institucional.aspx?menuid=113

Escott-Stump, S. (2007). Nutrição relacionada ao diagnóstico e tratamento (5ªed.). Barueri, São Paulo: Manole.

Mahan, K. L., & Escott-Stump, S. (2005). Krause. alimentos, nutrição & dietoterapia (11ª ed.). São Paulo: ROCA

Whitney, E. N., & Rolfes, S. R. (2011). Tratado general de la nutrición. Barcelona: Paidotribo

ESPEN (2015) [on-line]. Virtual University in Clinical Nutrition. Disponível em www.espen.org

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