
Course:	L025 - Food Quality and Nutrition
Degree:	Bachelor
Curriculum Unit:	9025001 - Food and Health
Scientific field:	Nutrition Sciences
ECTS^(*):	5
Curriculum year:	1st
Curriculum semester:	1st
Frequency Regime:	Mandatory
Teacher(s):	Edite Maria Relvas das Neves Teixeira de Lemos
Contact hours ^(**):	TP - 45
Total work time (hours):	132

(*) - ECTS - European Credit Transfer and Accumulation System

(**) – T- Theoretical; TP- Theoretical/Practical; LP- Lab Practice; S- Seminars; I- Internships; TU - Tutorials; O- Other (Evaluations)

Objectives / Competences

Provide knowledge on:

- The evolution of food practices for humanity from the early days to the present;
- The evolution of the study of the nutritional sciences
- Identification and knowledge of functional foods and nutraceuticals. Use of functional foods in prevention of disease and amelioration of nutritional state

Syllabus

- Evolutionary study of nutrition
- Food patterns and health
- Functional foods and nutraceuticals as new foods: concept, legislation and allegations

Teaching methodologies and evaluation criteria

Exposition through dialogue, analysis and problem-solving and tutorial orientation

Continuous assessment and final written exam

Short bibliography

FLANDRIN, J.L.; MONTANARI, M.-História da Alimentação - Terramar, Lisboa 2001.

GARNSEY, Peter - Alimentação e sociedade na Antiguidade Clássica – Aspectos materiais e simbólicos dos alimentos. Ed. Replicação, Lisboa, 2002

VELOSO, Carlos - A Alimentação em Portugal no Século XVIII . Minerva História, Coimbra, 1992

TAYLOR; FRANCIS - Nutrition & Health, Gerald Wiseman, London, 2002.

GARROW, J.S.; JAMES, W.P.T. - Human nutrition and Dietetics, 10ª Edição, Churchill Livingstone, 2000.

Instituto do Consumidor e do Programa Saúde XXI - A nova roda dos alimentos: um guia para a escolha alimentar diária.

FCNAUP.

Instituto Nacional de Saúde Dr. Ricardo Jorge - Tabela da composição de alimentos, 2007

WILDMAN, Robert E.C. -Handbook of Nutraceuticals and Functional Foods, CRC Press, 2001.

GUINÉ, Raquel P.F.Food, Diet and Health. Past, Present and Future Tendencies, Nova Science Publishers, Inc,

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