
Course:	L025 - Food Quality and Nutrition
Degree:	Bachelor
Curriculum Unit:	9025013 - Lifelong Nutrition
Scientific field:	Nutrition Sciences
ECTS^(*):	5
Curriculum year:	3rd
Curriculum semester:	2nd
Frequency Regime:	Mandatory
Teacher(s):	Maria João da Cunha e Silva Reis Lima
Contact hours ^(**):	T - 30; P - 30
Total work time (hours):	138

(*) - 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

It is intended in this curricular unit that the pupil knows to explain which more the type of adjusted nutrition to the different periods of training throughout the life.

Syllabus

The importance of nutrition/feeding in children

- Breastfeeding versus Formula feeding
- Food Diversification in the 1st Year of Life
- Food Habits and Behaviors in Childhood
- Prevention of Malnutrition / Protein-Energy Malnutrition
- Food at the Preschool and School age
- Obesity in Pediatric Age

The importance of nutrition/feeding in young people. Importance and improvement.

The importance of nutrition/feeding in elderly people. Importance and improvement.

Teaching methodologies and evaluation criteria

The syllabus is divided into two parts taught in theoretical and practical classes.

The re-sit to better a mark is allowed in accordance with the current regulation practiced at ESAV.

Short bibliography

VIDEIRA AMARAL. Tratado de nutrição clínica, Abbott Laboratórios, 2009;

SILVA, A.C; GOMES-PEDRO, J. Nutrição Pediátrica, princípios básicos. Lisboa.

DIRECÇÃO-GERAL DA SAÚDE, Plataforma Contra a Obesidade. Obesidade Infantil – conselhos para os pais, NUNES, E.; BREDÁ, J. Manual para uma alimentação saudável em jardins de infância. Divisão de Promoção e Educação para a Saúde. DGS: Lisboa, 2001.

THOMPSON, Cheryl , Laboratory Assessment. In CHARNEY, Pamela; MARIAN, Mary. Nutrition Assessment - Ada Pocket Guide. Chicago. Editora American Dietetic Association., 2004.

ZANUY, Maria Angeles; SANZ, Miguel , Malnutrición en el anciano In CANDELA, C.G.; FERNANDEZ, J.M. Manual de Recomendaciones Nutricionales en Pacientes Geriátricos. Barcelona, Editora Novartis. ZIMMERMAN,2004.