
Course:	L025 - Food Quality and Nutrition
Degree:	Bachelor
Curriculum Unit:	9087007 - Human Nutrition
Scientific field:	Nutrition Sciences
ECTS^(*):	5
Curriculum year:	2nd
Curriculum semester:	1st
Frequency Regime:	Mandatory
Teacher(s):	Edite Maria Relvas das Neves Teixeira de Lemos
Contact hours ^(**):	T - 30; TP - 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

Provide knowledge on:

- To identify the components of food, their nutritional and non-nutritional functions, their functions and metabolic interrelationships;
- To know the nutritional recommendations and methodological bases;
- To characterize ideal nutritional standards;
- To identify factors that influence food supply and quality and nutritional quality;

Syllabus

- Energy and nutrients
- Ethanol and other alcohols in alcoholic beverages. Biological effects. Accidents, fetal alcohol syndrome, other effects
- Minerals and vitamins: nomenclature, properties and biological functions. Notion of deficiency and need. Recommended doses. Prolonged hidden deficiency and resulting pathology
- Redox balance in nutritional perspective. Anti-oxidants
- Non-nutritive substances and organic compounds with nutritional significance in food
- Water as essential nutriment. Needs and contribution

Teaching methodologies and evaluation criteria

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

Continuous assessment and final written exam

Short bibliography

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

FERREIRA, Francisco A. Gonçalves - Nutrição Humana, Ed Gulbenkian, 2005

KRAUSE, M.V.; MAHAN, L.K. - Alimentos, Nutrição e Dietoterapia, 10ª ed., São Paulo, Roca, 2002