

**Nome da disciplina:** Food Composition and Nutrition

**Coordenador(es):** Raul Bruno de Sousa

**Outros docentes:** Maria Isabel Nunes Januário

**Precedências requeridas:** Química Geral e Bioquímica

**Semestre pretendido (no caso da disciplina não ter semestre atribuído):**

**Número e tipo de horas lectivas semanais:** 6 (2x3) hours/week; theoretic-practical lessons

<b>Program</b>	<b>Duration</b>	<b>Professors</b>
<b>Nutrients and Food.</b> Generalities on problematic of the feeding and the nutrition. Historical summary.	2x3 hours	R. Bruno de Sousa Isabel Januário
<b>Balanced feeding.</b> Food guide pyramid. Food diversity. <b>Energy needs.</b>	3 hours	R. Bruno de Sousa Isabel Januário
<b>Main components of food.</b> <b>The water.</b> Importance and distribution in food.	2x3 hours	R. Bruno de Sousa Isabel Januário
Study of <b>nitrogen fraction.</b> Importance, distribution and functions in food.	2x3 hours	R. Bruno de Sousa Isabel Januário
Study of <b>glucidic fraction.</b> Importance, distribution and functions in food.	2x3 hours	R. Bruno de Sousa Isabel Januário
Study of <b>lipids fraction.</b> Importance, distribution and functions in food.	2x3 hours	R. Bruno de Sousa Isabel Januário
Study of <b>mineral fraction.</b> Importance, distribution and functions in food.	3 hours	R. Bruno de Sousa Isabel Januário
Study of <b>vitamins fraction.</b> Water-soluble vitamins and fat-soluble vitamins. Importance, distribution and functions in food.	3 hours	R. Bruno de Sousa Isabel Januário
<b>Other constituents:</b> Compounds with anti-oxidative action. Components of the colour and of the aroma. Flavour Intensifiers. Bioactive constituents of foods.	2x3 hours	R. Bruno de Sousa Isabel Januário
<b>Slight knowledge of Physiology of the Nutrition.</b> The control of the weight. Elaboration of a diet.	2x3 hours	R. Bruno de Sousa Isabel Januário
<b>The Table of food composition.</b> Evaluation of the nutritional value of some foods. Calculation of the energy needs.	3 hours	R. Bruno de Sousa Isabel Januário
<b>Notions of Food Quality and Security.</b> Risk constituents of foodstuffs. Legislation and Information to the Consumer. The question of the labelling. First notions of the HACCP.	2x3 hours	R. Bruno de Sousa Isabel Januário

“DOP” Foods.		
<b>Presentation of the student works</b>	3 x 6 hours	R. Bruno de Sousa Isabel Januário
Final discussion about the Curricular Unit	3 hours	R. Bruno de Sousa Isabel Januário
<b>Final evaluation</b>	2x 3 hours	R. Bruno de Sousa Isabel Januário