



# Universidade de Évora

## Open call rules

Applications for Admission: Curso de formação em Alimentação Funcional  
(Functional Food)  
Academic Year 2024/2025

### 1. The program is promoted by

Universidade de Évora - Escola Superior de Enfermagem S. João de Deus

### 2. Coordenador(a)

Maria Dulce Damas da Cruz (dcruz@uevora.pt)

### 3. Program description

Functional nutrition, in addition to recognising the importance of food, valuing its origin, season and balance, is highly nutritional. It is a personalised and preventive diet, which at the same time promotes the authenticity of food, analyses symptoms and adapts food choices to different clinical situations. The aim is to combine functional nutrition with nursing practice, developing nutritional recommendations aligned with the individuality of the healthcare patient.

### 4. Objectives

1. Understand the fundamentals of functional nutrition, its principles, and its impact on health promotion and disease prevention.
2. Analyze, based on scientific evidence, the relationship between nutrition and the prevention and treatment of chronic diseases, including type 2 diabetes, hypertension, systemic inflammation, and oncological diseases. Integrate functional nutrition into nursing practice and lifestyle, developing nutritional recommendations aligned with patients' individuality and interdisciplinary work in healthcare.
3. Recognize the impact of mindful eating on health and the influence of emotions on the eating process.

## 5. General conditions of access and admission

### i General conditions

Be over 18 years old and resident permit. If you do not have Portuguese nationality, you must have a residence permit and tax payer number .

### ii Specific admission conditions

Nursing Graduation

### iii Required academic qualifications Higher Education - Degree (Pre -Bolhan) or equivalent

### iv Necessary documentation

- a) identification document;
- b) document(s) proving the qualifications required in the Announcement for access to the course;
- c) document proving the IBAN of the bank account held by the candidate, in which the name of the holder is mentioned;
- d) proof of residence permit, in the case of foreign students;
- e) document with tax identification number, in the case of foreign students;
- f) if applicable, proof of unemployment;

## 6. Selection Process

Date of application submission.

## 7. Maximum number of admissions

- Maximum number of admissions: 30

## 8. Minimum number of students

Minimum number of students: 10

## 9. Tuition fee

- Tuition fee: 150,00 €

This course is covered by the PRR's Adult Impulse. Students can receive two prizes: the participation prize, equal in value to the course fee, and the completion prize ([according to Regulation](#)), to be paid into a bank account held by the student.

## 10. ECTS

- Number of ECTS of the program: 3

## 11. Horas de Contacto

- Total de horas de contacto: 26

## 12. Learning Type

e-Learning

## 13. Schedule type

Mixed

## 14. Classes location

University of Évora, Nursing Department, Évora

## 15. Classes schedule (week days and schedule)

Monday (17h-21h) (online)  
Wednesday (17h-21h) (online)  
Saturday (9h-18h) (on-site)

## 16. Program Dates

- Program Start Date: June 16, 2025
- Program End Date: July 5, 2025

## 17. Application Dates

- Applications Start Date: April 4, 2025
- Applications End Date: May 26, 2025
- Announcement of Results (until): June 4, 2025
- Enrollments Start Date: June 4, 2025
- Enrollments End Date: June 8, 2025

April 4, 2025

The Rector

Hermínia Vasconcelos Vilar