



Universidade de Évora

Open call rules

Applications for Admission: Curso de formação em Alimentação Funcional
(Functional Food)
Academic Year 2025/2026

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 is a scientific approach that broadens the understanding of the role of food in health promotion and disease prevention. Beyond nutritional value, it considers the origin, quality, and seasonality of foods, as well as the interactions between nutrients and metabolic processes. The course encourages critical reflection on the theoretical foundations and practical applications of functional nutrition within clinical and public health contexts, fostering an integrated and sustainable perspective on nutrition and well-being.

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

Healthcare Professionals, graduate.

iii Required academic qualifications Higher Education - Degree 1st Cycle (Bologna) 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;

6. Selection Process

Date of application submission.

7. Maximum number of admissions

- Maximum number of admissions: 50

8. Minimum number of students

Minimum number of students: 10

9. Tuition fee

- Tuition fee: 0,00 €

This course is covered by the PRR's Digital Plus Impulse. Students may be eligible for completion prize, in accordance with [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

Évora University

15. Classes schedule (week days and schedule)

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

16. Program Dates

- Program Start Date: March 9, 2026
- Program End Date: March 14, 2026

17. Application Dates

- Applications Start Date: December 29, 2025
- Applications End Date: February 18, 2026
- Announcement of Results (until): February 25, 2026
- Enrollments Start Date: February 25, 2026
- Enrollments End Date: March 2, 2026

December 29, 2025

The Rector

Hermínia Vasconcelos Vilar