

## NNI BASIC PEDIATRIC NUTRITION COURSE

### Scientific Program

#### 1<sup>th</sup> JUNE 2012 (FRIDAY)

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- 08:00 – 08:30 **Materials and Documents Distribution**
- 08:30-08:45 **Opening** – *Helena Canário (Nestlé Nutrition Institute - Portugal)*

#### **SESSION I – GROWTH AND NUTRITIONAL REQUIREMENTS: FROM THEORY TO PRACTICE**

**Chairperson: Luís Pereira-da-Silva**

- 8:45-9:15 **Principles of growth and their regulating mechanisms** – *Manuel Fontoura (Porto)* (15 minutes of discussion)
- 9:30-10:00 **Energy metabolism, and growth** – *Claudio Maffei (Italy)* (15 minutes of discussion)
- 10:15-10:45 **Energy expenditure and physical activity: the importance of the nutritional status and body composition during growth** – *José Soares (Porto)* (15 minutes of discussion)

#### **SESSION II – NUTRITIONAL ASSESSMENT: FROM BIRTH TILL ADOLESCENCE**

**Chairperson:Carla Rêgo**

- 11:00-11:30 **Nutritional Assessment of the Newborn and Young Infant** – *Luís Pereira-da-Silva (Lisbon)* (15 minutes of discussion)
- 11:45-12:15 **Nutritional Assessment of Children and Adolescents**–*Carla Rêgo (Porto)* (15 minutes of discussion)
- 12:30-13:00 **WHO Growth Charts** – *António Guerra (Porto)* (15 minutes of discussion)

#### **SESSION III – STANDARD FOOD: TASTE AND CULTURE**

**Chairperson:Ricardo Ferreira**

- 14:30-15:00 **O padrão alimentar das crianças e adolescentes. Reality in Portugal and in Europe**– *Elisabete Ramos (Porto)* (15 minutes of discussion)
- 15:15-15:45 **Food preferences** – *Gonçalo Cordeiro Ferreira (Lisbon)* (15 minutes of discussion)

**SESSION IV – INFANT FORMULA, COMPLEMENTARY FEEDING, NUTRITION  
SUPPLEMENTATION: CONCEPTS**

**Chairperson: António Guerra**

- 16:00-16:30 **Advances in Infant Formula: News which we should consider?** – *Luís Pereira-da-Silva (Lisbon)* (15 minutes of discussion)
- 17:45-18:15 **Complementary Feeding and Healthy Nutrition: from guidelines to practice** – *Ricardo Ferreira (Coimbra)* (15 minutes of discussion)
- 18:30-19:00 – **Conclusions** – *Gonçalo Cordeiro Ferreira (Lisbon)*
- 19:00-19:30 – **Evaluation**

**Organization Program**

**31<sup>th</sup> MAY 2012 (THURSDAY)**

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- 18:00 **Arrival and check-in at the Hotel**
- 21:00 – **Course Official Dinner**

**1<sup>th</sup> JUNE 2012 (FRIDAY)**

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- 08:45 – 10:45 – **SESSION I**
- 10:45 – 11:00 – **Coffee Break**
- 11:00-13:15 – **SESSION II**
- 13:15 – 14:30 – **Lunch**
- 14:30-16:00 – **SESSION III**
- 16:00 – 16:45 – **SESSION IV**
- 16:45-17:00 – **Coffee Break**
- 17:00 – 18:30 – **SESSION IV**
- 18:30 – 19:00 – **Conclusions**
- 19:00 – 19:30 – **Evaluation**
- 19:30 – **Checkout and Departure**

**Total training time: 9h45minutes**