

IJUP'11

meeting
of young
researchers
of U.Porto

th

U. PORTO



ELSEVIER

IJUP Committee



Adrián Silva
Aurora Teixeira
Elisa Keating
Filipe Magalhães
Georgina Silva
Gonçalo Furtado
Graciela Machado
Hélder Bastos
Helena Madureira
Jorge Gonçalves
Jorge Teixeira
José Rodrigues Lima
Laura Oliveira
Luís Miguel Madeira
M.^a Paula Santos
Manuela Aguiar
Marcela Segundo
Maria José Oliveira
Patrícia Antunes
Paula Coelho
Pedro Sousa Gomes
Rita Faria
Sofia Rodrigues
Vitor Vasconcelos

Program

Thursday, February 17th

09:00-09:30	Registration	
9:30-11:00	Parallel Oral Sessions I	
	A1 - Biological, Environmental & Health Sciences I	p. 7
	A2 - Biological, Environmental & Health Sciences II	p. 15
	A3 - Literature & Language Sciences	p. 23
	A4 - Engineering I	p. 31
	A6 - Communication Sciences I	p. 39
11:00-11:30	Welcome Session - A1	
11:30-12:30	Poster Session & Coffee Break	
12:30-14:00	Lunch Break	
14:00-15:30	Parallel Oral Sessions II	
	A1 - Biological, Environmental & Health Sciences III	p. 47
	A2 - Biological, Environmental & Health Sciences IV	p. 55
	A3 - Psychology & Education Sciences I	p. 63
	A4 - Engineering II	p. 71
	A5 - Applied Physics	p. 79
15:30-17:00	Poster Session & Coffee Break	
17:00-18:30	Parallel Oral Sessions III	
	A1 - Biological, Environmental & Health Sciences V	p. 87
	A2 - Biological, Environmental & Health Sciences VI	p. 95
	A3 - Geography, Sociology & Economics I	p. 103
	A4 - Engineering III	p. 111
	A5 - Law and Criminological Sciences	p. 117

Friday, February 18th

9:00-10:30	Parallel Oral Sessions IV	
	A1 - Biological, Environmental & Health Sciences VII	p. 125
	A2 - History, Visual & Cultural Studies I	p. 133
	A3 - Communication Sciences II	p. 139
	A4 - Engineering IV	p. 147
	A5 - Engineering V	p. 155
	A6 - Architecture	p. 163
10:30-11:00	Poster Session & Coffee Break	
11:00-12:30	Parallel Oral Sessions V	
	A1 - Biological, Environmental & Health Sciences VIII	p. 171
	A2 - History, Visual & Cultural Studies II	p. 179
	A3 - Psychology & Education Sciences II	p. 185
	A4 - Engineering VI	p. 193
	A5 - Sport Sciences I	p. 201
	A6 - Agronomy & Chemistry I	p. 211
12:30-14:00	Lunch Break	
14:00-15:30	A1 - Workshop "The Researcher's Checklist"	
15:30-17:00	Poster Session & Coffee Break	
17:00-18:30	Parallel Oral Sessions VI	
	A1 - Biological, Environmental & Health Sciences IX	p. 219
	A2 - Communication Sciences III	p. 225
	A3 - Agronomy & Chemistry II	p. 233
	A4 - Geography, Sociology & Economics II	p. 241
	A5 - Sport Sciences II	p. 249

Abstract Book Index

Oral Sessions

<i>Parallel Oral Sessions I</i>	
<i>Thursday, February 17th</i>	<i>p. 7</i>
<i>Parallel Oral Sessions II</i>	
<i>Thursday, February 17th</i>	<i>p. 47</i>
<i>Parallel Oral Sessions III</i>	
<i>Thursday, February 17th</i>	<i>p. 87</i>
<i>Parallel Oral Sessions IV</i>	
<i>Friday, February 18th</i>	<i>p. 125</i>
<i>Parallel Oral Sessions V</i>	
<i>Friday, February 18th</i>	<i>p. 171</i>
<i>Parallel Oral Sessions VI</i>	
<i>Friday, February 18th</i>	<i>p. 219</i>

Posters

<i>Posters I</i>	
<i>Thursday, February 17th</i>	<i>p. 259</i>
<i>Posters II</i>	
<i>Friday, February 18th</i>	<i>p. 405</i>

Index

p. 553

Consumer's food preferences at a Hospital food service unit

C. Luís¹, A. Rocha¹

¹Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto, Portugal
(catialuis@hotmail.com)

Introduction: All successful companies have a common target: consumer's expectations. Satisfaction generates consumer's loyalty and this must be the first goal of a company.

The profile of consumers of food service units in Portugal is not well known. This knowledge is important to identify food preferences in order to adequate food options and menus, enabling catering companies to attract more clients. Considering the number of people using food service units these have been achieving increased role on Public Health. In Portugal the two main catering companies distribute approximately 250000 meals daily.

Objective: The purpose of this pilot study was to know consumer's food preferences at a food service unit of Oporto Hospital Centre.

Methods: A questionnaire was developed including 36 close ended questions. The preliminary version of the questionnaire was applied to several employees followed by interview, in order to refine its format. Data collection was applied on June 2010. Besides socio demographic characterization, the main variables evaluated, were preferences by food groups, cooking methods and ways of food presentation. A convenience sample was used and it was composed by individuals that volunteered to answer the questionnaire available at the canteen. Statistical analysis was developed using *Statistical Package for the Social Sciences (SPSS®)* version 17.0 e *Microsoft Excel Professional edition 2003®*.

Results: Grilled meals were the preferred by respondents. In the group of meat, the preference was for sirloin and turkey steak and the preferred fish specimen was cod. For the side dish, consumers choose rice and the most appreciated of the bread types was the mixed grain bread. Vegetables were less appreciated than salads and, concerning fruit; consumers prefer it raw and shelled. The favourite seasoning was olive oil. The favourite dishes mostly belong to the traditional Portuguese cuisine.

Discussion and conclusion: In general the results obtained are in agreement with the evolution of Portuguese Food Balance Sheets; a correlation was found between preferences and food availability. Future work is necessary to analyse food preferences of specific groups of populations and evaluate potential relationship with food intake, aiming to identify the determinants of food consumption in adults.