

BOOK OF ABSTRACTS

**YOUNG
RESEARCHERS
MEETING**



IJUP
4.5.6 MAIO 2022

ONLINE
REITORIA
DA U.PORTO

15.ª EDIÇÃO

U.PORTO



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 **Santander**
Universidades

TÍTULO | TITLE

Livro de Resumos do 15.º Encontro de Investigação Jovem da U.Porto

Universidade do Porto

Vice-reitor para a investigação, inovação e internacionalização

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PROGRAMA PROGRAM



ONLINE EVENT LINK (CLICK HERE)

RECTORATE OF THE UNIVERSITY OF PORTO

MAY, 4TH

MAY, 5TH

MAY, 6TH

08:00 – 18:00

PARALLEL ORAL SESSIONS I

A1 – Mathematics
A2 – Architecture I
A3 – Chemistry I
A4 – Environment I
A5 – AgroFood I
A6 – Health Sciences I

09:00 – 10:30

Break

PARALLEL ORAL SESSIONS II

A1 – Health Sciences II
A2 – Architecture II
A3 – AgroFood II
A4 – Environment II
A5 – Physics I

10:40 – 12:00

Break

PARALLEL ORAL SESSIONS III

A1 – Economics & Management
A2 – Biological Sciences I
A3 – Architecture III
A4 – Chemistry III
A5 – Sport Sciences I
A6 – Health Sciences III

12:20 – 13:40

Lunch Break

PARALLEL ORAL SESSIONS IV

A1 – Arts I
A2 – Biological Sciences II
A3 – Sport Sciences II
A4 – Chemistry IV
A5 – Architecture IV
A6 – Health Sciences IV

14:30 – 16:00

Break

PARALLEL ORAL SESSIONS V

A1 – Astronomy & Physics
A2 – Arts II
A3 – Sport Sciences III
A4 – Biological Sciences III
A5 – Health Sciences V

16:10 – 17:40

PARALLEL ORAL SESSIONS VI

A1 – Biological Sciences IV
A2 – Engineering I
A3 – Physics II
A4 – Language & Communication
A5 – Health Sciences VI
A6 – Psychology & Sciences of Education I

PARALLEL ORAL SESSIONS VII

A1 – Biological Sciences V
A2 – Engineering II
A3 – Chemistry II
A4 – Geo-Politics I
A5 – Health Sciences VII
A6 – Psychology & Sciences of Education II

PARALLEL ORAL SESSIONS VIII

A1 – Biological Sciences VI
A2 – Engineering III
A3 – Geo-Politics II
A4 – Health Sciences VIII
A5 – Health Sciences IX
A6 – Psychology & Sciences of Education III

PARALLEL ORAL SESSIONS IX

A1 – Biological Sciences VII
A2 – Engineering IV
A3 – Law and Criminology I
A4 – Health Sciences X
A5 – Heritage & History I
A6 – Psychology & Sciences of Education IV

PARALLEL ORAL SESSIONS X

A1 – Law and Criminology II
A2 – Health Sciences XI
A3 – Psychology & Sciences of Education V
A4 – Heritage & History II

08:30 – 09:00

Opening of the secretariat for all participants

09:00 – 10:00

POSTER SESSION I

10 min

Coffee-break

10:10 – 11:00

POSTER SESSION I

11:00 – 11:15

Break

11:15 – 12:00

POSTER SESSION II

10 min

Coffee-break

12:10 – 13:15

POSTER SESSION II

13:15 – 15:00

Lunch Break

15:00 – 18:00

CLOSING SESSION AND CELEBRATION
OF THE 15-YEARS ANNIVERSARY OF IJUP



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Food supply in take away or delivery restaurants in confinement period

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Abstract

Introduction: There has been a considerable increase in take-away and delivery food offer in Portugal, also determining an increase on availability and diversity of meals and menus. This service has grown due to the lack of time, decreased desire and motivation to cook or the lack of practical skills to cook. The COVID-19 pandemic reduced or impaired restaurants attendance, so the take-away and delivery services became a routine for those who usually consumed their meals away from home.

Objectives: To characterize take away or delivery service food offer in restaurants in the North of Portugal, during a confinement period.

Methodology: Data collection occurred during one week in the 2nd confinement caused by the COVID-19 pandemic in restaurants with take-away/delivery service. Analyses of the food offer was performed using a qualitative tool designed, based on the evaluation checklist of menus of the School Meals Planning and Evaluation System tool.

Results: 61 dishes were evaluated. In most restaurants, the non-starchy vegetables availability was presented only in 52% of the dishes. No fruit or bread was available in any menus. Availability of meat dishes (57.4%) was higher than fish (39%). Fried foods were available in 26% of the analyzed dishes. The mention of side dishes, information about allergens, as well as nutritional information, were not present in the evaluated menus.

Conclusion: The food offer at the available meals was unbalanced. Considering the increase of take-away and delivery service in Portugal, the results highlight the need to promote healthier meals that combine local gastronomy. A strategy to achieve this goal must include training and increase awareness of involve stakeholders (consumers, food providers).