

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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U.PORTO

 **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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Rute Pedro

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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


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

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

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

10:40 – 12:00

12:00 – 12:20

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

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

12:20 – 13:40

13:40 – 14:30

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 

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 

14:30 – 16:00

16:00 – 16:10

Break

PARALLEL ORAL SESSIONS V

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

PARALLEL ORAL SESSIONS X

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

16:10 – 17:40

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**



IJUP
4.5.6 MAIO 2022

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15.ª EDIÇÃO

Characterization of take-away/delivery menus during the second lockdown in Portugal

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Abstract

Background: Due to the restrictions demanded by COVID-19, restaurants were forced to include take-away/delivery (TA/D) services to maintain their operation. Therefore, there was an increase in the demand of TA/D meals by the Portuguese population. Our aim was to characterize and evaluate the take-away/delivery food offer in restaurants with these services during the second lockdown and discuss its possible impact on consumers' food intake.

Methods: Eight restaurants in the Northern region of Portugal were selected, with TA/D services. The information on the food offer was collected during 1 week in March 2021, through online platforms. A qualitative evaluation of the menus was carried out, using the qualitative checklist of SPARE, adapted to the restaurant's context.

Results: 62.5% of the restaurants had a soup option on their menu, 75% included strict vegetarian dishes and 37.5% had at least 1 egg meal as the main protein source. The prevalent cooking method in the restaurants was grilled (50%). Only 37.5% of the restaurants had more fish than meat dishes and only 50% had fatty fish options. Of the restaurants that offered desserts, all had sweet desserts and only 1 had fruit as an option. No information regarding allergens and nutritional composition of the meals was found on any menu.

Conclusions: In the selected restaurants, the food supply does not follow the recommendations of the Portuguese Food Wheel, prevailing options with low nutritional quality. In Portugal, 67.6% of the adult population is overweight or obese, which highlights the importance of the restaurants' food offer being more varied and nutritionally balanced, as a measure to prevent this condition. Therefore, if the demand for meals in this type of service continues to increase, it is mandatory to improve them nutritionally, in order to create a positive impact on public health in Portugal.