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TECHNICAL TECHNOLOGICAL PRODUCT:

AESTHETIC NUTRITION AND QUALITY
OF LIFE: MOTHERS WHO CARE FOR
AUTISTIC CHILDREN

Luciana Xavier Portugal
Lucrecia Helena Loureiro
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Presentation

This YouTube channel was developed as a Technical Technological Product as part of a Master's Research conducted within the scope of the Professional Master's Program in Health and Environment Science Teaching - UniFOA. The construction took place between June 2021 and December 2022 and was supervised by Professor Lucrécia Helena Loureiro, PhD. Through nutrition and instructional videos as a technological artifact, the goal is to guide mothers who care for autistic children in daily self-care, regardless of the routine in which they live, thus improving their quality of life.



Watch on the channel: Instructive videos with experts in the field of nutrition

In video 1, the author Luciana Xavier Portugal, a nutritionist and atypical mother, presents the other five videos.

1- Functional Foods in Daily Life

In video 2, Dr. Genaina Bibiano Vieira, a nutrition specialist in functional food, describes functional foods that offer various health benefits in addition to the inherent nutritional value of their chemical composition. They can also play a potentially beneficial role in reducing the risks of chronic degenerative diseases, such as cancer and diabetes, among others, and improve body aesthetics.



2- Nutrition and Mental Health

In video 3, Dr. Renato Moreira Nunes, PhD in Molecular Biology, explains how food impacts the brain, cognition, emotional state, healthy eating, and quality of life. A diet with the right combination of vitamins, minerals, oils, and healthy fats can help improve brain function, energy levels, memory, and emotional control.

3- Intuitive Eating

In video 4, nutritionist Fernanda Toledo Piza, a master and reference in Clinical Nutrition, emphasizes Intuitive Eating, an approach that teaches how to create a healthy relationship with food, body, mind, and emotions, as each individual is the expert and responsible for their own body.

4- Obesity: Keeping Weight Under Control

In video 5, Dr. Nathércia Percegoni, a nutritionist and PhD in Physiology, explains that lifestyle change, including dietary reeducation and physical activity, is the basis of the clinical treatment of obesity. Without it, it is unlikely that the necessary weight loss to improve health will be achieved, let alone be lasting.

5- Women's Hormonal Disorders

In video 6, Dr. Romina dos Santos Toledo, a medical endocrinologist, states that there are factors that can trigger a decrease or increase in hormone production, such as puberty and pregnancy. She also clarifies that hormones are produced by endocrine glands and function as messengers to control the body's functioning.