

TEACHING-LEARNING PRACTICE IN THE EXTRACURRICULAR INTERNSHIP OF COLLECTIVE FEEDING: AN EXPERIENCE REPORT

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ABSTRACT

Resolution No. 600/2018 of the Federal Council of Nutritionists regulates the areas of activity of the nutritionist, highlighting Collective Food, especially in University Restaurants (RUs), which play an important role in student assistance and student permanence. The extracurricular internship in Collective Food, held at a University Restaurant in Belém-PA, offers Nutrition students the opportunity to experience management, quality control, and food safety practices. The internship experience allows the development of skills in planning, production, sanitary control, and compliance with regulatory standards, ensuring the quality of the meals served. The internship also facilitates the application of knowledge acquired upon graduation, expanding the professional training of students.

Keywords: Collective Feeding. University Restaurant.

INTRODUCTION

Resolution No. 600/2018 of the Federal Council of Nutritionists (CFN) provides for the areas of activity of the Nutrition professional and details their attributions. In total, there are 7 (seven) main areas subdivided into subareas, segments, and subsegments. These areas include Collective Feeding; Clinical Nutrition; Sports and Physical Exercise; Collective Health; Food Production Chain, Industry and Trade; in addition to Teaching, Research and Extension.

Among these areas, Collective Food stands out, which plays a fundamental role in the Food and Nutrition Security (FNS) of different population groups. In this area, the nutritionist acts as manager of the Food and Nutrition Unit (UAN), being responsible for the planning, organization, and control of food services. Her work includes the preparation of balanced menus,

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the supervision of the hygienic-sanitary quality of food, the management of teams, and the definition of strategies to ensure sustainability and the proper use of resources.

In addition, within Collective Feeding, there is the Institutional UAN segment, which encompasses food units in both the public and private sectors, providing services in schools, companies, hospitals, and other institutions. One of the most significant examples of the Institutional UAN is the University Restaurants (RUs), which play an essential role in the Federal Institutions of Higher Education (IFES). These public spaces are regulated by the National Student Assistance Plan (PNAES), and their main objective is to guarantee food assistance and contribute to student permanence in order to reduce academic dropout, especially of students in situations of socioeconomic vulnerability (BRASIL, 2007). To this end, the RUs offer nutritionally balanced meals, considering aspects such as the quality of the preparations, the adequacy to the students' profile, and the FNS. In addition to the social impact, these restaurants also have an educational role, promoting the adoption of healthy eating habits among the academic community.

Law No. 8,234, of September 17, 1991, which regulates the profession of Nutritionist and determines other provisions, designates that the exercise of this professional, in any of its areas, is exclusive to holders of a diploma issued by undergraduate schools in Nutrition, due to the academic training being specialized in the various areas of activity, contemplating professional theory and practice, which guarantees practical-theoretical skills and competencies to exercise the profession and its specificities. From this perspective, during the training period, there is a need to insert it in professional practice, such an act is configured as an internship. Law No. 11,788, of September 25, 2008, provides for student internships and, in Chapter 1, establishes its definition:

"Internship is a supervised school educational act, developed in the work environment, which aims to prepare students who are attending regular education in institutions of higher education, professional education, high school, special education and the final years of elementary school, in the professional modality of youth and adult education, for productive work" (BRASIL, 2008, art. 1).

Law No. 11,788/2008 also presents the definition of non-mandatory internship, being extracurricular and developed as an optional activity, but still added to the regular workload of the course. CFN Resolution No. 698/2021 defines the duties of the Nutritionist in the role of advisor and supervisor of internships in undergraduate courses in Nutrition. The document establishes that the Nutritionist is responsible for ensuring that the internship takes place in an ethical, technical, and pedagogical way, ensuring the application of the knowledge acquired by

students during their academic training. In addition, the standard reinforces the importance of supervision to ensure the quality of learning and compliance with the guidelines of professional practice. In the internship in Collective Feeding, the active participation of supervisors ensures that the student understands the processes of planning, production, management, and quality control within a UAN.

Thus, the insertion of the student in the professional environment is an indispensable step to consolidate his training, ensuring that he is able to practice the profession, as established by Law No. 8,234/1991, which regulates the performance of the Nutritionist in Brazil. The internship not only strengthens the knowledge acquired upon graduation but also promotes continuous improvement, contributing to the training of more qualified professionals prepared to meet the demands of society.

OBJECTIVE

This study aims to report the experience of students of the Nutrition course during the extracurricular internship in Collective Food, with emphasis on Student Assistance, held in a University Restaurant (RU) in Belém-PA.

METHODOLOGY

This study reports the teaching-learning experience lived during an extracurricular internship in a University Restaurant in Belém-PA. The UK serves about 6,500 meals a day, offering lunch and dinner with options of animal and vegetable proteins, accompanied by garnishes such as pasta, cooked vegetables, rice, beans, farofa, raw salads, and, preferably, fruits for dessert. The internship provided an enriching practical experience, contributing to professional improvement in nutrition and in the management of Food and Nutrition Units (UAN).

DEVELOPMENT

The RU has two units located on the Belém campus, one in the Basic Sector and the other in the Professional Sector. The Basic Sector unit is responsible for receiving inputs, storage, production of meals, being the central kitchen, in addition to local distribution. On the other hand, in the Professional Sector unit, only meals are distributed; their production and transportation are the responsibility of the Basic unit. Together, they serve, on average, 6,500 meals a day, distributed between lunch and dinner, serving students, servers, and employees. The site operates under a mixed management model, combining self-management and

outsourced labor. Regarding the distribution system, both units have mixed distribution, with the self-service and the counter fixed.

The UK plays an essential role in student assistance by offering balanced and affordable meals from the SAN and economic-financial points of view for students, servers, and employees of the institution. The internship at this UAN allows students of the Nutrition course to actively participate in the supervision and control activities of the service, contributing to the quality of the food provided and ensuring that the processes follow the sanitary and FNS recommendations. The experience allows the development of skills in meal production management, sanitary control, food planning, and interpersonal relationships, which are fundamental for working in the area of collective food. The environment requires organization, teamwork, and attention to hygienic-sanitary standards, providing a solid and enriching training for future nutrition professionals.

Interns are subdivided into scholarship interns and non-scholarship interns, differing mainly by the receipt of the scholarship and the type of link with the granting institution. Scholarship interns are those who receive financial aid through scientific initiation scholarships, research and extension projects, and administration support scholarships. The workload for these interns is up to 4 hours a day and 20 hours a week, ensuring that the practical experience is compatible with the academic routine. Non-scholarship interns, on the other hand, carry out their activities without remuneration, and the workload for this modality is up to 4 hours a day and 12 hours a week, allowing the student to meet the academic requirements without compromising other activities of the Nutrition course. Regardless of the modality, the internship is considered a fundamental stage in professional training, providing students with the opportunity to apply theoretical knowledge in practice and develop essential skills for their future performance in the job market.

The internship routine in the UK is divided into two main sectors: production and warehouse. In the production sector, the internship is divided into three shifts: morning (8 am - 12 pm), intermediate (12 pm - 4 pm) and night (4 pm - 8 pm), in which the intern monitors both the production and distribution of meals, as well as hygiene and cleaning activities in the unit. Before starting his activities, he should consult the nutritionist in charge to find out about the preparations that make up the menus of the day and the tasks to be performed.

Regarding the production sector, interns perform several essential activities to ensure food safety and the hygienic-sanitary quality of preparations. Hygiene and cleaning are monitored daily and cover several areas, including the production sector, pre-preparation of proteins and vegetables, pasta area, pantry, tank for washing utensils, distribution, and

cafeterias for employees and restaurant users. Cleaning supervision takes place three times a day: in the morning, before the start of operation; in the afternoon, after the end of distribution and at the beginning of dinner production; and night, at the end of the production and distribution of the dinner. To ensure that the procedures are followed correctly, a cleaning checklist is used, completed by nutritionists and interns. This control is essential to ensure compliance with sanitary standards and the maintenance of food safety.

In addition to supervising cleaning, interns monitor production control through specific forms. Among these documents, the temperature control of food stands out, which must reach above 70°C for cooking preparations and above 74°C for reheating preparations. Other forms include the control of the distribution of NGs (Gastronorms), which are transported to the professional's distribution unit, and the control of the consumption of detergent and dryer in the dishwasher, ensuring its proper functioning.

The interns also assist the nutritionist in controlling the correction factor of desserts and proteins, an essential procedure to measure the use of food and minimize waste.

To perform these functions efficiently, students must have up-to-date knowledge about RDC No. 216/2004, which establishes guidelines for the structure and sanitary standards of the restaurant. With this organization, the internship routine contributes directly to the quality of the meals served, compliance with sanitary standards, and the operational efficiency of the restaurant.

In addition, CVS Ordinance No. 5 of April 9, 2013, in its article 52, recommends the collection of food samples, which must be planned, stored in an appropriate place, and identified in appropriate bags. This procedure must be carried out by a cook, while the intern is responsible for labeling the samples with information such as the name of the preparation, date, period (lunch or dinner) and the indication of whether the preparation was made on the day and in that shift or if it was reheated from a previous day. This activity should be repeated during the dinner period, ensuring quality control and traceability of the food.

Trainees also play an important role in controlling waste and assessing the acceptance of preparations. During the leftover-ingestion research, they monitor the weighing of all the preparations served, as well as the cleaned leftovers and leftovers left in the tray by the user, recording this information in a specific spreadsheet. In addition, when necessary, they carry out acceptability tests, applying appropriate methodologies to assess the acceptance of the menus served to restaurant users. This process contributes to making adjustments to the menus, ensuring the quality, and optimizing the satisfaction of the meals offered. Another fundamental activity is the preparation of technical sheets detailing ingredients, method of preparation,

portioning, and nutritional value. These tokens are essential for food planning and restaurant cost control.

The internship in the warehouse involves several activities to ensure the proper functioning of the sector. In this sector, the internship is carried out in the morning shift (8 am - 12 pm), and the intern must accompany the nutritionist, assisting in the preparation of the monthly menu and the daily and monthly requisitions with suppliers. It also assists in monitoring the delivery of inputs and verifying the validity, brand, model, quantity, quality, and temperature of the products received.

The activities include assisting in the preparation of the defrost map, monitoring the temperature record of the chambers, and checking invoices and delivery of inputs and materials intended for payment. They also involve supervising the cleaning of the storage areas for perishable and non-perishable foods, as well as the deposit of disposables and cleaning products. The intern also supports the nutritionist in charge in additional demands when requested.

Thus, UK interns perform tasks that complement their academic training and contribute to their professional career as future nutritionists. Through internships, they acquire knowledge that expands their opportunities in the area, developing competencies, skills, and attitudes necessary to take on greater responsibilities in the work environment. The commitment of each intern is essential to, in partnership with nutritionists and other employees, ensure the quality, nutritional safety, and hygiene of the food offered at the food and nutrition unit through varied menus throughout the week.

FINAL CONSIDERATIONS

It is concluded that the internship at the University Restaurant (RU) offers an essential practical experience for the training of students of the Undergraduate Course in Nutrition, allowing the application of theoretical knowledge in a real environment of production and distribution of meals. Experience in quality control, Food and Nutrition Security (FNS), planning, and management strengthen fundamental skills for professional performance, in addition to preparing students for the challenges of the job market.

In addition to technical learning, the internship promotes the development of interpersonal skills and attitudes, such as teamwork, communication, and organization of joint tasks, which are indispensable in the area of Collective Food. The routine requires commitment and responsibility to ensure that the processes meet the standards of health surveillance and food safety, prioritizing the well-being of users. Thus, the experience acquired in the internship not only



improves academic training but also expands opportunities in the job market. With dedication and professionalism, the interns contribute to the quality of the RU's services, reaffirming the relevance of the sector in student assistance and in the promotion of safe, balanced, and low-cost food.

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