INTERACTIVE SEMINARS IN BIOCHEMISTRY DISCIPLINE FOR UNDERGRADUATE DEGREE IN BIOMEDICINE: BENEFITS AND PROBLEMS OF CARBOHYDRATES ASSOCIATED WITH MODERN LIFE


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The present project is part of the course in biochemistry for biomedical undergraduate students of the Federal University of Pernambuco - UFPE, which comprises theoretical and practical classes and interactive seminars prepared by students on studied topics to supplement learning. The aim of this research was to encourage students to innovate their search for knowledge, presenting an interactive strategy to demonstrate the importance of carbohydrates, as well as other energy fuels, for undergraduates students attending classes of biochemistry at the first semester at the university, in order to clarify the importance of maintaining a healthy way of life. The methodology used was a field research, documented in videos in which the opinions of a few people were registered in different places, such as in a fast-food restaurant, on the importance of carbohydrates. Records acquired were associated with a slide presentation on the subject, based on scientific books and articles, which were presented to the students of the discipline. It was also developed a dynamic to illustrate the consumption of carbohydrates in daily life and in different situations. After the project exhibition, a review of the research was conducted to the audience to express innovations or additions to their pre-existing concepts, on consumption of carbohydrates. The results of our work were very promising and the main goal of the project was achieved, since 88.2% of the respondents said there was an improvement in their knowledge, both theoretical and practical, on the subject, while only 11.8% reported no improvement at all. In conclusion, there was a greater involvement of students during the presentation of the subject and a higher participation during the group dynamic on the consumption of carbohydrates.

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