

# SUBJECT OUTLINE



Subject Name:

## Chinese Dietetics

Subject Code:

**CMDE411**

### SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Acupuncture)

Total course credit points:

128

Level:

3<sup>rd</sup> Year

Duration: 1 Semester

Subject Coordinator: Dr Simon Want (Gold Coast campus)

Subject is: Core

Subject Credit Points: 2

#### Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
<b>3</b>	<b>2</b>	<b>5</b>

Delivery Mode:

Face to face 3 hour lecture (some sessions include a tutorial component as outlined)  
Full Time  
Part Time

Pre-requisites: CMPR121, BIOO211, CMCS221

Co-requisites: Nil

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

Chinese Dietetics enables students to understand and apply the principles of Chinese dietetic therapy to enhance patient health within the Australian healthcare setting. Students will analyse a range of foods according to their energetic characteristics and key medicinal actions. By subject conclusion students will be able to collect and analyse a patient's diet, design a diet individualised to a patient's Chinese medicine diagnosis and prescribe specific foods, cooking methods and recipes to complement other Chinese medicine treatment for enhanced patient health outcomes.

#### Learning Outcomes

1. Identify the key principles of Chinese dietary therapy.
2. Describe how Chinese dietary therapy may be used as an adjunctive therapy with other Chinese medicine therapies and how it can integrate with broader nutritional and dietetic theory.
3. Categorise a range of Chinese and western foods (and culinary herbs) according to their Chinese dietetic characteristics, actions and contraindications.
4. Record dietary information sufficient to inform patient dietary analysis and prescriptions.
5. Analyse diets for their potential benefits and detrimental effects from a Chinese dietary and western nutritional point of view.
6. Develop recipes and prescribe dietary plans according to Chinese dietetic principles that can be used in the management of different health conditions.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Due	Weighting
<b>Food Diary</b> (one week food diary)	4	2	Week 4	10%
<b>Food Diary Analysis</b> (750 words)	1, 3, 5	1-6	Week 7	20%
<b>Oral Presentation</b> (15 minutes)	1-6	1-13	Sessions 7-13	30%
<b>Written Assignment</b> (2000 words)	1- 3, 5	1-13	Week 13	40%
All written assessments and online quizzes are due at 11:55PM and submitted through the LMS				

#### Prescribed readings:

- Kastner, J. (2009). *Chinese nutrition therapy: Dietetics in traditional Chinese medicine*. Stuttgart, Germany: Thieme. [ebook available]
- MyFitnessPal. (2017). Myfitnesspal (version 7.24.20955) [Mobile Application Software]. Retrieved from <https://itunes.apple.com/au/app/myfitnesspal/id341232718?mt=8>
- Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition*. Berkeley, CA: North Atlantic Books.

#### Recommended readings:

- Allison, J. (2016). *Golden month: Caring for the world's mothers after childbirth*. Auckland, NZ: Beatnik Publishing.
- Australian Government Department of Environment and Energy. (2017). *Internationally endangered plants and animals (CITES)*. Retrieved from <https://www.environment.gov.au/biodiversity/wildlife-trade/cites>
- Chinese Medicine Board of Australia. (2014). *Code of conduct*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Code-of-conduct.aspx>
- Chinese Medicine Board of Australia. (2016). *Patient records guidelines*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
- Daly, T. (2017). Chinese nutritional strategies (Version 1.1) [Mobile Application Software]. Retrieved from <https://play.google.com/store/apps/details?id=com.tobydaly.chinesenutritionalstrategies>
- De la Forêt, R. (2017). *Alchemy of herbs: Transform everyday ingredients into foods and remedies that heal*. Carlsbad, California: Hay House. [ebook available]
- Deadman, P. (2016). *Live well, live long*. Hove, England: The Journal of Chinese Medicine.
- Food Standards Australia New Zealand. (2015). *Nutrient database for Australian foods (NUTTAB) 2010*, Retrieved from <http://www.foodstandards.gov.au/science/monitoringnutrients/nutrientables/nuttab/Pages/default.aspx>
- Hempen, C. H., & Fischer, T. (2009). *A materia medica for Chinese medicine: Plants, minerals and animals products*. Edinburgh, Scotland: Churchill Livingstone. [ebook available]
- Kittler, P.G., Sucher, K.P., & Nahikian-Nelms, M. (2017). *Food and culture* (7th ed.). Boston, MA: Cengage Learning.
- Liu, J. (1995). *Chinese dietary therapy*. Edinburgh, Scotland: Churchill Livingstone.
- Ou, H. (2016). *The first forty days: The essential art of nourishing the new mother*. New York: Abrams. [ebook available]
- Subtilior, A. (2015). QiFood (Version 2.6.5) [Mobile Application Software]. Retrieved from <https://itunes.apple.com/us/app/qifood/id389510267?mt=8>
- Whitney, E., Rolfes, S. R., Crowe, T., Cameron-Smith, D., & Walsh, A. (2017). *Understanding nutrition* (3rd Australian & New Zealand ed.). South Melbourne, VIC: Cengage Learning. [ebook available]
- Xyris Software. (2017). Easy diet diary (Version 5.0.22) [Mobile Application Software]. Retrieved from <https://itunes.apple.com/au/app/australian-calorie-counter/id436104108?mt=8>

Subject Content	
Week	Lecture
<b>1.</b>	General introduction to Chinese dietetics: <ul style="list-style-type: none"> <li>• History of Chinese dietetics</li> <li>• Practicing dietetic therapy in the modern world</li> <li>• What is a good diet?</li> </ul> Chinese dietetic basic concepts <ul style="list-style-type: none"> <li>• Four directions [upbearing, floating, downbearing, sinking]</li> <li>• Temperature properties [hot, warm, neutral, cool, cold]</li> <li>• Five tastes [sweet, pungent, salty, sour, bitter]</li> <li>• Organ networks</li> <li>• Action/indications</li> <li>• Cooking and food preparation methods</li> <li>• Basic recommendations of Chinese dietetics</li> </ul>
<b>2.</b>	Zang Fu considerations: <ul style="list-style-type: none"> <li>• TCM spleen and stomach pathophysiology</li> <li>• Nutrition and the human lifecycle</li> </ul> Introduction to basic TCM diet construction: <ul style="list-style-type: none"> <li>• Enhancement</li> <li>• Counteraction</li> <li>• Antagonism</li> <li>• Incompatibilities</li> <li>• Food balance/combinations</li> <li>• Types of foods</li> <li>• Contraindications</li> </ul> Special considerations <ul style="list-style-type: none"> <li>• Allergies and intolerances</li> <li>• Cultural considerations and food preferences</li> </ul> Case taking for dietary analysis <ul style="list-style-type: none"> <li>• Tools (including diet diary)</li> <li>• Questioning</li> </ul>
<b>3.</b>	General food therapy principles: <ul style="list-style-type: none"> <li>• Basic concepts of western dietary construction:               <ul style="list-style-type: none"> <li>○ Protein</li> <li>○ Fat</li> <li>○ Carbohydrate</li> <li>○ Fibre</li> <li>○ Water</li> </ul> </li> <li>• Micronutrient considerations</li> <li>• Current western dietary paradigms</li> </ul> Chinese dietary prescribing: <ul style="list-style-type: none"> <li>• Designing dietary recommendations according to diagnosis</li> <li>• Consideration of general dietary principles when preparing TCM dietary recommendations</li> <li>• Spleen and stomach function consideration in making TCM dietary recommendations</li> <li>• Designing a recipe according to Chinese dietetic principles</li> </ul>

	Patient management skills: <ul style="list-style-type: none"> <li>• Considering patient preferences in dietary planning</li> <li>• Working within a healthcare team</li> <li>• Tools to enhance patient compliance</li> <li>• Record keeping</li> </ul>	
<b>4.</b>	<b>Submit food diary</b> Fruit and vegetables <ul style="list-style-type: none"> <li>• Thermal nature</li> <li>• Flavour</li> <li>• Organ network</li> <li>• Direction</li> <li>• Nutritional content</li> <li>• Cautions and contraindications</li> <li>• Preparation method</li> <li>• Recipe</li> </ul>	
<b>5.</b>	Food herbs, grains and condiments <ul style="list-style-type: none"> <li>• Pin yin name (herbs)</li> <li>• Thermal nature</li> <li>• Flavour</li> <li>• Organ network</li> <li>• Direction</li> <li>• Nutritional content</li> <li>• Cautions and contraindications</li> <li>• Preparation method</li> <li>• Recipe</li> </ul>	
<b>6.</b>	Meats, poultry, seafood and vegetarian protein sources <ul style="list-style-type: none"> <li>• Thermal nature</li> <li>• Flavour</li> <li>• Organ network</li> <li>• Direction</li> <li>• Nutritional content</li> <li>• Cautions and contraindications</li> <li>• Preparation method</li> <li>• Recipe</li> </ul>	
<b>7.</b>	<b>Submit food diary analysis</b> Foods and dietary intakes – Prescribing a diet for qi deficiency <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> Foods and dietary intakes - Prescribing a diet for yang deficiency <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> </ul>	Tutorial (1 hour): <b>Student oral presentations</b> and/or case study activity

	<ul style="list-style-type: none"> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul>	
<p><b>MID SEMESTER BREAK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p><b>Semester 2</b> - The break week falls between Weeks 7 and 8.</p>		
8.	<p>Foods and dietary intakes – Prescribing a diet for blood deficiency</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> <p>Foods and dietary intakes - Prescribing a diet for yin deficiency</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul>	<p>Tutorial (1 hour):</p> <p><b>Student oral presentations</b> and/or case study activity</p>
9.	<p>Foods and dietary intakes – Prescribing a diet for jing deficiency</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> <p>Foods and dietary intakes - Prescribing a diet to calm shen</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul>	<p>Tutorial (1 hour):</p> <p>Student oral presentations and/or case study activity</p>
10.	<p>Foods and dietary intakes – Prescribing a diet for full cold</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> <p>Foods and dietary intakes - Prescribing a diet for full heat</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> </ul>	<p>Tutorial (1 hour):</p> <p>Student oral presentations and/or case study activity</p>

	<ul style="list-style-type: none"> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul>	
<b>11.</b>	<p>Foods and dietary intakes – Prescribing a diet for wind (internal/external)</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> <p>Foods and dietary intakes - Prescribing a diet for dampness</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> <p>Foods and dietary intakes - Prescribing a diet for phlegm</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul>	<p>Tutorial (1 hour):</p> <p>Student oral presentations and/or case study activity</p>
<b>12.</b>	<p>Foods and dietary intakes – Prescribing a diet for qi stagnation</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul> <p>Foods and dietary intakes - Prescribing a diet for blood stagnation</p> <ul style="list-style-type: none"> <li>• Beneficial foods</li> <li>• Cautions and contraindications</li> <li>• Cooking methods</li> <li>• Nutritional balance</li> <li>• Organ specific foods</li> <li>• Recipe analysis</li> </ul>	<p>Tutorial (1 hour):</p> <p>Student oral presentations and/or case study activity</p>
<b>13.</b>	<p>Application of Chinese dietetic principles (including beneficial and contraindicated foods) and basic nutritional balance to specific health conditions affecting:</p> <ul style="list-style-type: none"> <li>• Children</li> <li>• Pregnancy</li> <li>• Post-partum (zuo yue zi)</li> <li>• Elderly and convalescing patients</li> </ul>	<p>Tutorial (1 hour):</p> <p>Student oral presentations and/or case study activity</p>
<b>14.</b>	<p><b>Non-Teaching Week/Practical Examination Week 1</b></p> <p>Note that make-up classes may be scheduled in this week.</p>	

<b>15.</b>	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week.
<b>16.</b>	<b>Final Examination Week 1</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam.
<b>17.</b>	<b>Final Examination Week 2</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam.