

# 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 Sarah George (Gold Coast Campus)

Subject is: Core

Subject Credit Points: 2

### Student Workload:

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

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

Pre-requisites: CMPR121, CMCS221

Co-requisites: Nil

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

Chinese Dietetics introduces students to the principles of Chinese dietetic therapy. Students will learn about the Chinese dietetic uses of a range of foods and cooking methods which may be used in conjunction with their other Chinese medicine treatments. Foods will be studied by their classification, characteristics, key medicinal actions and use in recipes and dietary plans. By subject conclusion students will be able to identify, compare and substantiate the use of specific foods and design basic dietary recommendations based on Chinese dietetic principles to complement other Chinese Medicine treatment for enhanced patient health outcomes.

#### Learning Outcomes

1. Understand the key principles of Chinese dietary therapy.
2. Understand 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. Identify and discuss common interactions and contraindications associated with Chinese dietetic practice.
4. Identify the core characteristics and actions of each food.
5. Discuss how specific Chinese food categories, recipes and dietary recommendations can be used in the management of different disorders.

#### Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Mid-Semester Exam (1 hour)	1, 3-5	1-5	6	20%
Written Assignment	1-5	1-13	Sunday	30%

(2000 words)			following Week 13	
<b>Final Exam</b> (2 hours)	1-5	1-13	Final Exam Period	50%

**Prescribed readings:**

1. Kastner, J. (2009). *Chinese nutrition therapy: Dietetics in traditional Chinese medicine*. Stuttgart, Germany: Thieme. [ebook available]
2. Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition*. Berkeley, CA: North Atlantic Books.

**Recommended readings:**

1. 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>
2. Chinese Medicine Registration Board of Australia. (2015). *Infection prevention and control guidelines for acupuncture practice*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
3. Hempen, C. H., & Fischer, T. (2009). *A materia medica for Chinese medicine: Plants, minerals and animals products*. Edinburgh, Scotland: Churchill Livingstone. [ebook available]
4. Liu, J. (1995). *Chinese dietary therapy*. Edinburgh, Scotland: Churchill Livingstone.
5. Therapeutic Goods Administration. (2016). *Health professional information & education*. Retrieved from <https://www.tga.gov.au/health-professional-information-education>

## Subject Content

Week	Lecture
1.	General introduction to Chinese dietetics: <ul style="list-style-type: none"> <li>• History of Chinese dietetics</li> <li>• Four energies [ascending, descending, floating and sinking]</li> <li>• Temperature properties [cold, cool, neutral, warm and hot]</li> <li>• Five tastes [bitter, pungent, sweet, salty and sour]</li> <li>• Direction of action</li> <li>• Locations</li> <li>• Action/indications</li> <li>• Cooking methods</li> </ul>
2.	Zang Fu Considerations: <ul style="list-style-type: none"> <li>• TCM Spleen pathophysiology</li> <li>• Paediatric digestive development according to TCM</li> <li>• Dietary considerations for elderly and infirm patients according to TCM</li> <li>• TCM Stomach pathophysiology</li> </ul> Introduction to basic TCM dietary principles: <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>

3.	<p>General food therapy principles:</p> <ul style="list-style-type: none"> <li>• Macro and micronutrient considerations and</li> <li>• Basic concepts of dietary construction:           <ul style="list-style-type: none"> <li>○ Protein</li> <li>○ Fat</li> <li>○ Carbohydrate</li> <li>○ Fibre</li> </ul> </li> <li>• Current western dietary paradigms</li> </ul> <p>TCM Dietetics:</p> <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> </ul>	
4.	<p>Foods and dietary intakes - Tonify Qi:</p> <ul style="list-style-type: none"> <li>• Tonify Qi foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time</li> </ul> </li> <li>• Chinese medicine diagnoses related to Qi deficiency benefiting from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Tonify Qi Chinese dietary intakes:           <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	Student-led tutorial: Tonify Qi Recipe: 30 minutes
5.	<p>Foods and dietary intakes - Tonify Blood (Xue):</p> <ul style="list-style-type: none"> <li>• Tonify Blood (Xue) foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>• Chinese medicine diagnoses related to Blood (Xue) deficiency</li> </ul>	Student-led tutorial: Tonify Blood (Xue) Recipe: 30 minutes

	benefiting from Chinese dietetic practice: <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis</li> <li>● Tonify Blood (Xue) Chinese dietary intakes:             <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	
6.	<b>Mid-semester exam</b> Foods and dietary intakes - Tonify Yin: <ul style="list-style-type: none"> <li>● Tonify Yin foods:             <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>● Chinese medicine diagnoses related to Yin deficiency benefiting from Chinese dietetic practice:             <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>● Tonify Yin Chinese dietary intakes:             <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	Student-led tutorial: Tonify Yin Recipe: 30 minutes
7.	<ul style="list-style-type: none"> <li>● Foods and dietary intakes - Tonify Yang: Tonify Yang foods:             <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>● Chinese medicine diagnoses related to Yang deficiency benefiting from Chinese dietetic practice:             <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>● Tonify Yang Chinese dietary intakes:</li> </ul>	Student-led tutorial: Tonify Yang Recipe: 30 minutes

	<ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul>	
<p><b>NON-TEACHING WEEK</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 - Clear Heat:</p> <ul style="list-style-type: none"> <li>• Clear Heat foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>• Chinese medicine diagnoses related to excessive Heat and Fire that benefit from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Clear Heat Chinese dietary intakes:           <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	<p>Student-led tutorial: Clear Heat Recipe: 30 minutes</p>
9.	<p>Foods and dietary intakes - Clear Heat continued</p> <p>Foods and dietary intakes - Clear Damp and Phlegm</p> <ul style="list-style-type: none"> <li>• Clear damp and phlegm foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>• Chinese medicine diagnoses related to damp and phlegm that benefit from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Clear damp and phlegm Chinese dietary intakes:</li> </ul>	<p>Student-led tutorial: Clear Damp and Phlegm Recipe: 30 minutes</p>

	<ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance / compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul>	
10.	<p>Foods and dietary intakes-Clear External Pathogenic Factors [EPF] &amp; febrile/epidemic [four level] disease:</p> <ul style="list-style-type: none"> <li>• Clear EPF foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>• Chinese medicine diagnoses related to EPF and febrile disease that benefit from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Clear EPF Chinese dietary intakes:           <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance / compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	<p>Student-led tutorial: Clear External Pathogenic Factors Recipe: 30 minutes</p>
11.	<p>Application of Chinese Dietetics in Spleen/Stomach and Lung/Large Intestine disorders:</p> <ul style="list-style-type: none"> <li>• Clear wind foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>• Chinese medicine diagnoses related to wind stroke that benefit from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Clear wind Chinese dietary intakes:           <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> </ul> </li> </ul>	<p>Student-led tutorial: Spleen/Stomach and Lung/Large Intestine Recipe: 30 minutes</p>

	<ul style="list-style-type: none"> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul>	
12.	<p>Application of Chinese Dietetics in Kidney/Bladder and Liver/ Gall Bladder disorders:</p> <ul style="list-style-type: none"> <li>• Tonify Jing and support Shen foods:           <ul style="list-style-type: none"> <li>○ Latin name</li> <li>○ Pin yin name</li> <li>○ Temperature</li> <li>○ Taste</li> <li>○ Direction of action</li> <li>○ Site of action</li> <li>○ Actions/indications</li> <li>○ Pharmacological effects</li> <li>○ Cautions and contraindications</li> <li>○ Dosage</li> <li>○ Cooking time.</li> </ul> </li> <li>• Chinese medicine diagnoses related to Jing deficiency and Shen disturbance that benefit from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Tonify Jing and support Shen Chinese dietary intakes:           <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	Student-led tutorial: Kidney/Bladder and Liver/Gallbladder Recipe: 30 minutes
13.	<p>Application of Chinese Dietetics in Heart/Small Intestine disorders:</p> <ul style="list-style-type: none"> <li>• Review Chinese medicine diagnoses related to various miscellaneous disorders that benefit from Chinese dietetic practice:           <ul style="list-style-type: none"> <li>○ Aetiology</li> <li>○ Pathogenesis.</li> </ul> </li> <li>• Chinese dietary intakes and foods necessary in management:           <ul style="list-style-type: none"> <li>○ Selecting the correct food</li> <li>○ Screening for contraindications</li> <li>○ Ensuring therapeutic balance/compatibility for diet</li> <li>○ Ensuring basic nutritional balance.</li> </ul> </li> </ul>	Student-led tutorial: Heart/Small Intestine Recipe: 30 minutes
14.	<b>Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.</b>	
15.	<b>Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.</b>	
16.	<b>Final Exam Week 1</b> Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	
17.	<b>Final Exam Week 2</b> Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	