SECTION 1 – GENERAL INFORMATION

Award/s: Bachelor of Health Science (Acupuncture)
Total Course Credit Points: 128
Level: 3rd Year

Duration: 1 Semester

Subject Coordinator: Simon Want (Gold Coast Campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

| No. timetabled hours per week: | 3 | No. personal study hours per week: | 2 | Total hours per week: | 5 |

Delivery Mode:

Face to Face (On Campus)
1 x 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

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Diary (one week food diary)</td>
<td>4</td>
<td>2</td>
<td>Week 4</td>
<td>10%</td>
</tr>
<tr>
<td>Food Diary Analysis (750 words)</td>
<td>1, 3, 5</td>
<td>1-6</td>
<td>Week 7</td>
<td>20%</td>
</tr>
<tr>
<td>Oral Presentation (15 minutes)</td>
<td>1-6</td>
<td>1-13</td>
<td>Sessions 7-13 (as rostered)</td>
<td>30%</td>
</tr>
<tr>
<td>Written Assignment (2000 words)</td>
<td>1-3, 5</td>
<td>1-13</td>
<td>Week 13</td>
<td>40%</td>
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All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.

### Prescribed Readings:


### Recommended Readings:


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Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture</th>
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</table>
| 1.   | General introduction to Chinese dietetics:  
|      | History of Chinese dietetics  
|      | Practicing dietetic therapy in the modern world  
|      | What is a good diet?  
|      | Chinese dietetic basic concepts  
|      | Four directions [upbearing, floating, down bearing, sinking]  
|      | Temperature properties [hot, warm, neutral, cool, cold]  
|      | Five tastes [sweet, pungent, salty, sour, bitter]  
|      | Organ networks  
|      | Action/indications  
|      | Cooking and food preparation methods  
|      | Basic recommendations of Chinese dietetics |
| 2.   | Zang Fu considerations: |
| TCM spleen and stomach pathophysiology |
| Nutrition and the human lifecycle |

**Introduction to basic TCM diet construction:**

- Enhancement
- Counteraction
- Antagonism
- Incompatibilities
- Food balance/combinations
- Types of foods
- Contraindications

**Special considerations**

- Allergies and intolerances
- Cultural considerations and food preferences

**Case taking for dietary analysis**

- Tools (including diet diary)
- Questioning

### 3. General food therapy principles:

- Basic concepts of western dietary construction:
  - Protein
  - Fat
  - Carbohydrate
  - Fibre
  - Water

- Micronutrient considerations
- Current western dietary paradigms

**Chinese dietary prescribing:**

- Designing dietary recommendations according to diagnosis
- Consideration of general dietary principles when preparing TCM dietary recommendations
- Spleen and stomach function consideration in making TCM dietary recommendations
- Designing a recipe according to Chinese dietetic principles

**Patient management skills:**

- Considering patient preferences in dietary planning
- Working within a healthcare team
- Tools to enhance patient compliance
- Record keeping

### 4. Submit Food Diary

**Fruit and vegetables**

- Thermal nature
- Flavour
<table>
<thead>
<tr>
<th>5. Food herbs, grains and condiments</th>
<th>6. Meats, poultry, seafood and vegetarian protein sources</th>
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</thead>
<tbody>
<tr>
<td>Pin yin name (herbs)</td>
<td>Thermal nature</td>
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<tr>
<td>Thermal nature</td>
<td>Flavour</td>
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<tr>
<td>Flavour</td>
<td>Organ network</td>
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<tr>
<td>Organ network</td>
<td>Direction</td>
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<tr>
<td>Direction</td>
<td>Nutritional content</td>
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<tr>
<td>Nutritional content</td>
<td>Cautions and contraindications</td>
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<tr>
<td>Cautions and contraindications</td>
<td>Preparation method</td>
</tr>
<tr>
<td>Preparation method</td>
<td>Recipe</td>
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<tr>
<td>Recipe</td>
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### 7. Submit Food Diary Analysis

Foods and dietary intakes – Prescribing a diet for qi deficiency
- Beneficial foods
- Cautions and contraindications
- Cooking methods
- Nutritional balance
- Organ specific foods
- Recipe analysis

Foods and dietary intakes - Prescribing a diet for yang deficiency
- Beneficial foods
- Cautions and contraindications
- Cooking methods
- Nutritional balance

Tutorial (1 hour): **Oral Presentation** and/or case study activity
### Organ specific foods

### Recipe analysis

<table>
<thead>
<tr>
<th>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</th>
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<tbody>
<tr>
<td><strong>Semester 1</strong> – This aligns with the week after Easter so it may fall between Weeks 6 to 8</td>
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<tr>
<td><strong>Semester 2</strong> – The non-teaching week falls between Weeks 7 and 8</td>
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#### 8. Foods and dietary intakes – Prescribing a diet for blood deficiency

- Beneficial foods
- Cautions and contraindications
- Cooking methods
- Nutritional balance
- Organ specific foods
- Recipe analysis

Foods and dietary intakes - Prescribing a diet for yin deficiency

- Beneficial foods
- Cautions and contraindications
- Cooking methods
- Nutritional balance
- Organ specific foods
- Recipe analysis

Tutorial (1 hour):

**Oral Presentation** and/or case study activity

#### 9. Foods and dietary intakes – Prescribing a diet for jing deficiency

- Beneficial foods
- Cautions and contraindications
- Cooking methods
- Nutritional balance
- Organ specific foods
- Recipe analysis

Foods and dietary intakes - Prescribing a diet to calm shen

- Beneficial foods
- Cautions and contraindications
- Cooking methods
- Nutritional balance
- Organ specific foods
- Recipe analysis

Tutorial (1 hour):

**Oral Presentation** and/or case study activity

#### 10. Foods and dietary intakes – Prescribing a diet for full cold

- Beneficial foods

Tutorial (1 hour):

**Oral Presentation** and/or case study activity
<table>
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<tr>
<th>11.</th>
<th>Foods and dietary intakes – Prescribing a diet for wind (internal/external)</th>
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<tbody>
<tr>
<td></td>
<td>Benefits and contraindications, Cooking methods, Nutritional balance, Organ specific foods, Recipe analysis, Tutorial (1 hour): Oral Presentation and/or case study activity</td>
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<tr>
<th>12.</th>
<th>Foods and dietary intakes – Prescribing a diet for qi stagnation</th>
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<td></td>
<td>Benefits and contraindications, Tutorial (1 hour): Oral Presentation and/or case study activity</td>
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<td>13.</td>
<td>Application of Chinese dietetic principles (including beneficial and contraindicated foods) and basic nutritional balance to specific health conditions affecting:</td>
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<td>14.</td>
<td>Non-Teaching Week/Practical Examination Week 1</td>
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<td>15.</td>
<td>Non-Teaching Week/Practical Examination Week 2</td>
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<td>16.</td>
<td>Final Examination Week 1</td>
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<td>17.</td>
<td>Final Examination Week 2</td>
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