



SUBJECT OUTLINE

Subject Name:

Chinese Dietetics

Subject Code:

CMDE411

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Acupuncture)	128	3 rd Year
Duration:	1 Semester	
Subject Coordinator: Simon Want (Gold Coast Campus)		
Subject is:	Subject Credit Points:	2
Core		

Student Workload:

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

Delivery Mode:

Face to Face 1 x 3 hour lecture (some sessions include a tutorial component as outlined)
(On Campus)

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	Session Content Delivered	Due	Weighting
Food Diary (one week food diary)	4	2	Week 4	10%
Food Diary Analysis (750 words)	1, 3, 5	1-6	Week 7	20%
Oral Presentation (15 minutes)	1-6	1-13	Sessions 7-13 (as rostered)	30%
Written Assignment (2000 words)	1- 3, 5	1-13	Week 13	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

1. Kastner, J. (2009). *Chinese nutrition therapy: Dietetics in traditional Chinese medicine* (2nd ed.). Thieme. [ebook available]
2. Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition* (3rd ed.). North Atlantic Books.
3. Under Armour. (2020). *MyFitnessPal* (version 20.14.0) [Mobile app]. App store. Retrieved July 28, 2020, from <https://apps.apple.com/au/app/myfitnesspal/id341232718>

Recommended Readings:

1. Allison, J. (2016). *Golden month: Caring for the world's mothers after childbirth*. Beatnik Publishing.
2. Ars Subtilior. (2010). *QiFood* (Version 2.6.5) [Mobile app]. App store. Retrieved July 28, 2020, from <https://apps.apple.com/us/app/qifood/id389510267>
3. Chinese Medicine Board of Australia. (2014). *Code of conduct*. <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Code-of-conduct.aspx>



4. Chinese Medicine Board of Australia. (2016). *Patient health records guidelines*. <http://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
5. Daly, T. (2013). *Chinese nutritional strategies* (Version 1.1.2) [Mobile app]. App store. Retrieved July 28, 2020, from <https://apps.apple.com/us/app/chinese-nutritional-strategies/id636888026>
6. Deadman, P. (2016). *Live well, live long: Teachings from the Chinese nourishment of life tradition*. Journal of Chinese Medicine.
7. de la Forêt, R. (2017). *Alchemy of herbs: Transform everyday ingredients into foods and remedies that heal*. Hay House. [ebook available]
8. Department of Agriculture, Water and the Environment. (n.d.). *Convention on internationally trade in endangered species of wild fauna and flora (CITES)*. Australian Government. <https://www.environment.gov.au/biodiversity/wildlife-trade/cites>
9. Food Standards Australia New Zealand. (2019, January). *The Australian food composition database*. <https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx>
10. Hempten, C.-H., & Fischer, T. (2009). *A materia medica for Chinese medicine: Plants, minerals and animals products* (V. Wortman, Trans.). Churchill Livingstone Elsevier. [ebook available]
11. Kittler, P. G., Sucher, K. P., & Nahikian-Nelms, M. (2017). *Food and culture* (7th ed.). Cengage Learning.
12. Liu, J. (Ed.). (1995). *Chinese dietary therapy*. Churchill Livingstone.
13. Ou, H. (2016). *The first forty days: The essential art of nourishing the new mother*. Tabori & Chang. [ebook available]
14. Whitney, E., Rolfes, S. R., Crowe, T., Cameron-Smith, D., & Walsh, A. (2017). *Understanding nutrition* (3rd ed.). Cengage Learning. [ebook available]
15. Xyris Software (Australia) Pty Ltd. (2012). *Easy diet diary* (Version 6.0.28) [Mobile app]. App store. Retrieved July 28, 2020, from <https://apps.apple.com/au/app/easy-diet-diary/id436104108>

Subject Content

Week	Lecture
1.	<p>General introduction to Chinese dietetics:</p> <ul style="list-style-type: none"> ➤ History of Chinese dietetics ➤ Practicing dietetic therapy in the modern world ➤ What is a good diet? <p>Chinese dietetic basic concepts</p> <ul style="list-style-type: none"> ➤ 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:



	<ul style="list-style-type: none"> ➤ TCM spleen and stomach pathophysiology ➤ Nutrition and the human lifecycle <p>Introduction to basic TCM diet construction:</p> <ul style="list-style-type: none"> ➤ Enhancement ➤ Counteraction ➤ Antagonism ➤ Incompatibilities ➤ Food balance/combinations ➤ Types of foods ➤ Contraindications <p>Special considerations</p> <ul style="list-style-type: none"> ➤ Allergies and intolerances ➤ Cultural considerations and food preferences <p>Case taking for dietary analysis</p> <ul style="list-style-type: none"> ➤ Tools (including diet diary) ➤ Questioning
<p>3.</p>	<p>General food therapy principles:</p> <ul style="list-style-type: none"> ➤ Basic concepts of western dietary construction: <ul style="list-style-type: none"> ⊖ Protein ⊖ Fat ⊖ Carbohydrate ⊖ Fibre ⊖ Water ➤ Micronutrient considerations ➤ Current western dietary paradigms <p>Chinese dietary prescribing:</p> <ul style="list-style-type: none"> ➤ 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 <p>Patient management skills:</p> <ul style="list-style-type: none"> ➤ Considering patient preferences in dietary planning ➤ Working within a healthcare team ➤ Tools to enhance patient compliance ➤ Record keeping
<p>4.</p>	<p>Submit Food Diary</p> <p>Fruit and vegetables</p> <ul style="list-style-type: none"> ➤ Thermal nature ➤ Flavour



	<ul style="list-style-type: none"> ➤ Organ network ➤ Direction ➤ Nutritional content ➤ Cautions and contraindications ➤ Preparation method ➤ Recipe 	
5.	<p>Food herbs, grains and condiments</p> <ul style="list-style-type: none"> ➤ Pin yin name (herbs) ➤ Thermal nature ➤ Flavour ➤ Organ network ➤ Direction ➤ Nutritional content ➤ Cautions and contraindications ➤ Preparation method ➤ Recipe 	
6.	<p>Meats, poultry, seafood and vegetarian protein sources</p> <ul style="list-style-type: none"> ➤ Thermal nature ➤ Flavour ➤ Organ network ➤ Direction ➤ Nutritional content ➤ Cautions and contraindications ➤ Preparation method ➤ Recipe 	
7.	<p>Submit Food Diary Analysis</p> <p>Foods and dietary intakes – Prescribing a diet for qi deficiency</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet for yang deficiency</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance 	<p>Tutorial (1 hour):</p> <p>Oral Presentation and/or case study activity</p>



	<ul style="list-style-type: none"> ➤ Organ specific foods ➤ Recipe analysis 	
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 – The non-teaching 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"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet for yin deficiency</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis 	<p>Tutorial (1 hour):</p> <p>Oral Presentation 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"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet to calm shen</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis 	<p>Tutorial (1 hour):</p> <p>Oral Presentation 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"> ➤ Beneficial foods 	<p>Tutorial (1 hour):</p> <p>Oral Presentation and/or case study activity</p>



	<ul style="list-style-type: none"> ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet for full heat</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis 	
11.	<p>Foods and dietary intakes – Prescribing a diet for wind (internal/external)</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet for dampness</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet for phlegm</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis 	<p>Tutorial (1 hour):</p> <p>Oral Presentation and/or case study activity</p>
12.	<p>Foods and dietary intakes – Prescribing a diet for qi stagnation</p> <ul style="list-style-type: none"> ➤ Beneficial foods 	<p>Tutorial (1 hour):</p> <p>Oral Presentation and/or case study activity</p>



	<ul style="list-style-type: none"> ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis <p>Foods and dietary intakes - Prescribing a diet for blood stagnation</p> <ul style="list-style-type: none"> ➤ Beneficial foods ➤ Cautions and contraindications ➤ Cooking methods ➤ Nutritional balance ➤ Organ specific foods ➤ Recipe analysis 	
13.	<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"> ➤ Children ➤ Pregnancy ➤ Post-partum (zuo yue zi) ➤ Elderly and convalescing patients 	<p>Tutorial (1 hour):</p> <p>Oral Presentation and/or case study activity</p>
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p> <p>There is no final exam for this subject</p>	
17.	<p>Final Examination Week 2</p> <p>There is no final exam for this subject</p>	