

## **Subject Description Form**

<b>Subject Code</b>	FSN4105
<b>Subject Title</b>	Traditional Chinese Medicine Dietary Therapy and Nutrition
<b>Credit Value</b>	3
<b>Level</b>	4
<b>Pre-requisite / Co-requisite/ Exclusion</b>	FSN3103 Introduction to Traditional Chinese Medicine
<b>Objectives</b>	<p>The objectives of this subject are,</p> <ul style="list-style-type: none"> <li>(a) To understand the principles and philosophy behind traditional Chinese diet and nutrition.</li> <li>(b) To understand the concept of yin and yang in traditional Chinese diet, and how to balance these opposing forces through food choices.</li> <li>(c) To develop familiarity with the taste, nature, and efficacy of commonly used foods in traditional Chinese cuisine, as well as the various types and preparation methods of health-promoting foods.</li> <li>(d) To understand the concept of balance and harmony in traditional Chinese diet, and how it relates to overall health and well-being.</li> <li>(e) To gain knowledge on the role of traditional Chinese diet and nutrition in disease prevention and management.</li> <li>(f) Distinguish and describe the differences between traditional Chinese and Western diet, and discuss their implications for health and diseases.</li> </ul>
<b>Intended Learning Outcomes</b>	<p>Upon completion of the subject, students should be able to,</p> <ul style="list-style-type: none"> <li>(a) Demonstrate a comprehensive understanding of the principles and philosophy underlying traditional Chinese diet and nutrition, including its historical and cultural significance.</li> <li>(b) Analyze the concept of yin and yang in traditional Chinese diet and apply this knowledge to make informed food choices that promote balance and harmony in one's diet.</li> <li>(c) Identify and describe the taste, nature, and efficacy of commonly used foods in traditional Chinese cuisine, and demonstrate familiarity with the various types and preparation methods of health-promoting foods.</li> <li>(d) Explain the concept of balance and harmony in traditional Chinese diet, and demonstrate an understanding of how it contributes to overall health and well-being.</li> <li>(e) Evaluate the role of traditional Chinese diet and nutrition in disease prevention and management, and propose appropriate dietary interventions based on this knowledge.</li> </ul>
<b>Subject Synopsis/ Indicative Syllabus</b>	<ol style="list-style-type: none"> <li>1. Introduction to Traditional Chinese Medicine (TCM) Diet and Nutrition</li> <li>2. Yin and Yang: Balancing Opposing Forces in Diet</li> <li>3. Essential Foods and Ingredients in Traditional Chinese Cuisine</li> <li>4. Taste, nature and efficacy</li> <li>4. Health-Promoting Foods and Preparation Techniques</li> <li>5. Balance and Harmony in Traditional Chinese Diet</li> <li>6. Seasonal Dietary Health</li> <li>7. Traditional Chinese Diet and Disease Prevention</li> <li>8. Cultural Appreciation and Application</li> </ol> <p>- Appreciating the cultural significance of traditional Chinese diet and nutrition, particularly in the context of TCM diet practices in Hong Kong and China.</p>

	- Applying the knowledge and skills gained to make informed food choices and create balanced, nourishing meals in accordance with TCM principles.																																																				
<b>Teaching/Learning Methodology</b>	<p><u>Lectures:</u> This is the major teaching mode to be used in this subject. Reading materials will be assigned to each lecture as a preparation; a few questions will be set for each reading material to help the students think about the context of the material.</p> <p><u>Tutorials:</u> Tutorials will be designed to help students to prepare their presentation. In the beginning of the course, suitable hands-on activities will be designed, including “TCM diagnostics” and “dietary health products” to engage the students with the content. Later, students will form groups of four to six and each group will be assigned or will choose a title of their presentation. They would discuss and exchange their opinions on the selected topics. Literature survey skill will also be introduced in the tutorial.</p> <p><u>Individual Study:</u> Students are expected to spend 2-3 hours each week reading outside the classroom. Questions will be given to engage the students on the issues to be discussed. Since individual study is a weak area for many Hong Kong students, clear guidelines and assessments will be needed to ensure that they fulfill the reading. The emphasis of this subject on reading comprehension is to allow students to have an essential experience and training on how to study individually and effectively.</p>																																																				
<b>Assessment Methods in Alignment with Intended Learning Outcomes</b>	<table border="1"> <thead> <tr> <th rowspan="2">Specific assessment methods/tasks</th><th rowspan="2">% weighting</th><th colspan="6">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th></tr> <tr> <th>a</th><th>b</th><th>c</th><th>d</th><th>e</th><th></th></tr> </thead> <tbody> <tr> <td>1. Quizzes</td><td>40%</td><td>√</td><td>√</td><td>√</td><td>√</td><td>-</td><td></td></tr> <tr> <td>2. Tutorial participation</td><td>20%</td><td>-</td><td>√</td><td>√</td><td>√</td><td>√</td><td></td></tr> <tr> <td>3. Examination</td><td>40%</td><td>√</td><td>√</td><td>√</td><td>√</td><td>√</td><td></td></tr> <tr> <td>Total</td><td>100 %</td><td colspan="6"></td></tr> </tbody> </table> <p>Quizzes are designed to test the comprehension and understanding of the subject contents. The tutorials require literature survey skills and students are required to present their ideas using powerpoints with evidences as published from scientific literature. They have to judge whether the evidences are convincing to support their conclusions. The lecturers will raise questions after the oral presentation to examine their understanding and rational thinking. The examination will cover a range of knowledge areas, including theoretical concepts, practical applications, cultural understanding, and the ability to critically analyze and interpret information related to traditional Chinese diet and nutrition. The assessment methods should be designed to evaluate students' understanding, application, and synthesis of the subject matter.</p>							Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)						a	b	c	d	e		1. Quizzes	40%	√	√	√	√	-		2. Tutorial participation	20%	-	√	√	√	√		3. Examination	40%	√	√	√	√	√		Total	100 %						
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<b>Student Study Effort Required</b>	Class contact:																																																				
	▪ Lecture					26 Hrs.																																															
	▪ Tutorial					13 Hrs.																																															

	Other student study effort:	
	▪ Self-study	78 Hrs.
	▪ Total student study effort	117 Hrs.
	<p>Reference books:</p> <ol style="list-style-type: none"> <li>1. Cooper, R, Che, C.T., Mok D.K.W., Tsang, C.W.Y. Chinese and Botanical Medicines: Traditional Uses and Modern Scientific Approaches CRC Press, 2017.</li> <li>2. Xie Mengzhou, Zhu Tianmin; Chinese Medicinal Diet: A Higher Education Textbook for the National Traditional Chinese Medicine Industry; Publication Date: 2021-07-01.</li> <li>3. Shi Hongfei and Fang Hong; Chinese Traditional Medicine Dietary Therapy - National Traditional Chinese Medicine Industry Higher Education, August 01, 2021.</li> <li>4. Zhou Jian; Traditional Chinese Medicine (TCM) Nutrition; National TCM Higher Education; China Traditional Chinese Medicine Press. Publication Date: 2023-06-01</li> <li>5. Paul Pitchford. Healing with Whole Foods: Asian Traditions and Modern Nutrition</li> <li>6. Bob Flaws. The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine</li> <li>7. Polly Dolby. The Tai Chi Diet: Food for Life.</li> <li>8. Steve Gagne. Food Energetics: The Spiritual, Emotional, and Nutritional Power of What We Eat</li> <li>9. Joerg Kastner. Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine (TCM)</li> <li>10. Lun Wong. Food for the Seasons: Eat Well and Stay Healthy the Traditional Chinese Way</li> </ol>	
<b>Reading List and References</b>		