

Subject Description Form

Subject Code	FSN5032
Subject Title	Chinese Medicine Based Diet Therapy
Credit Value	2
Level	5
Pre-requisite	Nil
Objectives	The aim for this subject is for students to acquire basic knowledge about dietary therapy in TCM and functions of commonly used foods in Chinese community and to coordinates concepts between Chinese and Western nutritional sciences in related to the needs of specific diseases, health conditions, physiques, and throughout the life-cycle.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ul style="list-style-type: none"> a) Describe basic theory of TCM in related to health and nutrition. b) Describe functions of commonly used foods in Chinese community with their TCM properties and nutrition values. c) Identify differences between TCM and Western nutrition in disease prevention and health management. d) Apply and coordinate principles of TCM and Western nutritional sciences for people with different health needs and concerns.
Subject Synopsis/ Indicative Syllabus	<p><u>Basic principles of TCM</u> Basic theories of TCM related to life cycle and disease changes, including Yin and Yang, the five elements in nature and the inter-relationship between zang-fu and channels in human body.</p> <p><u>Food and nutritional sciences in Chinese cultures</u> Basic characteristics of common foods used in Chinese dietary cultures; Food and nutrition concepts of Chinese approaches to maintain one's health for people in different ages, physiques, and seasons.</p> <p><u>TCM and dietary planning in health management</u> Principles of TCM dietary therapy for health management and disease prevention; Basic concepts of TCM dietary menu planning; introduce commonly used health-promoting food ingredients in Chinese cultures; how to coordinate Yin and Yang through TCM to achieve health balance; Diet for people with different ages, physiques, and seasons; TCM adjustment and replenish.</p> <p><u>Diet and diseases</u> Aetiology and epidemiology of diabetes, hypertension and insomnia and their syndromes differentiations in TCM; nutrition components that help to prevent and manage symptoms and the key principles of Chinese dietary management of the diseases.</p> <p><u>Nutrition and life cycle</u> Safety and concerns on TCM diets and menu design for people in different life stages and health conditions; the use of special TCM and food ingredients to adjust</p>

	and replenish the physiques changes, including children, female in period, pregnancy and confinement and older adults.																																						
Teaching/Learning Methodology	<p>Lectures are designed to provide students with general outlines of the subject and the essential practical knowledge.</p> <p>Apart from lectures, tutorials are designed to demonstrate students on formulating dietary advices and designing recipes and menus to fit the nutritional needs of various health conditions and for disease prevention.</p> <p>Guest speakers who are clinicians, public health/community nutritionists, or dietitians are invited to give seminars on the practical skills on nutrition service and management in different settings.</p>																																						
Assessment Methods in Alignment with Intended Learning Outcomes	<table border="1"> <thead> <tr> <th rowspan="2">Specific assessment methods/tasks</th><th rowspan="2">% weighting</th><th colspan="4">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></tr> </thead> <tbody> <tr> <td>1. Test</td><td>20%</td><td>√</td><td>√</td><td>√</td><td></td></tr> <tr> <td>2. Assignment</td><td>30%</td><td>√</td><td>√</td><td>√</td><td>√</td></tr> <tr> <td>3. Final examination</td><td>50%</td><td>√</td><td>√</td><td>√</td><td>√</td></tr> <tr> <td>Total</td><td>100 %</td><td colspan="4"></td></tr> </tbody> </table> <p>Test:</p> <p>It is used to assess the students' understanding of basic concepts and theories of TCM and the functions of commonly used ingredients in TCM diet for health management.</p> <p>Assignments:</p> <p>Students are required to do individual assignments on disease-based case studies to formulate dietary advices and design practical and appropriate menu or recipes for individuals with different nutritional needs or health conditions, as well as on reflection related to research on daily basis to understand people's concerns over TCM and nutrition. They are used to assess the learning outcomes a, b, c and d.</p> <p>Examination:</p> <p>It is used to assess students' understanding of the role of TCM and ability for concepts application in managing different health condition and needs in different life stages in both community-based and clinical setting. It is used to assess the learning outcomes a, b, c and d.</p>					Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)				a	b	c	d	1. Test	20%	√	√	√		2. Assignment	30%	√	√	√	√	3. Final examination	50%	√	√	√	√	Total	100 %				
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Student Study Effort Expected	Class contact:																																						
	▪ Lecture				19 hours																																		
	▪ Tutorial				4 hours																																		

	▪ Seminar	3 hours
	Other student study effort:	
	▪ Assignment writing	16 hours
	▪ Self-study	38 hours
	▪	hours
	Total student study effort	80 hours
Reading List and References	<p>黑龙江省祖国医药研究所 (1978) 。《中医基础》。中國：黑龙江人民出版社。</p> <p>姜超 (1984) 。《實用中醫營養學》。中國：北京市卫生职工学院中医部</p> <p>申卻驕與姚鳴春 (1990) 。《中醫營養學 (第 1 版) 》。中國：中醫古籍出版社</p> <p>施奠邦 (2006) 。《中醫食療營養學》。台灣：中國中醫研究院</p> <p>鍾贛生 (2013) 。《中藥學圖表解 (第 2 版) 》中國：人民衛生出版社。</p> <p>麥燕琮 (2016) 。《坐月補養方》香港：萬里機構。</p>	