

COURSE DESCRIPTION

This course is a study of the roles of different properties of foods and their practical applications in dietary adjustment for various TCM diseases and disorders. Students will learn the principles of nutrition, the basics of nutritional assessment, and the functions of specific foods according to Traditional Chinese Medicine. Students will also be taught to evaluate a patient's food journal and give appropriate suggestions for improvements.

LEARNING OBJECTIVES

Upon completion of this course, a successful student will be able to gain understanding of the principles of nutrition, the basics of nutritional assessment, and the functions of specific foods according to Traditional Chinese Medicine. Students will be able to evaluate a patient's food journal and give appropriate suggestions for improvements.

COURSE PREREQUISITIES

Herb Pharmacopia I-V

REQUIRED TEXTS

Tao of Nutrition - Maoshing Ni and Cathy McNease

RECOMMENDED TEXTS

COURSE REQUIREMENTS

30% Attendance
30% Mid-Term Examination
40% Final Examination
10 weeks X 2 hours

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Introduction

1. The farmer's calendar
 2. The history of Chinese nutrition
 3. The five properties of foods
 4. Spleen formula
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CLASS TWO

1. Properties of food groups according to TCM
 2. Appropriate food based on the 8 principles
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CLASS THREE

1. Discussion of personal food journals; how to evaluate your diets and help yourself make changes
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CLASS FOUR

1. Define and differentiate food characteristics by energy flavor, taste, movement, and temperature
 2. Heart formula
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CLASS FIVE

Mid-term examination
Group presentation

CLASS SIX

To Be Announced

CLASS SEVEN

1. Lung formula
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CLASS EIGHT

1. Appropriate foods based on seasonal considerations
 2. Kidneys formula
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CLASS NINE

1. General diet of childhood, adolescence, adulthood, and seniors
 2. Liver formula
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CLASS TEN

- Final examination
1. Assessment of daily diets
 2. Presentation of one special diet
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CLASS ELEVEN

REFERENCE MATERIAL

FACULTY INFO

Please check with instructor during class to get updated contact info.