



Nature Care College

Food Fundamentals DISTANCE/BLENDED LEARNING

DESCRIPTION

Food Fundamentals explores the healing potential of foods, beverages and dietary patterns using the best knowledge from both traditional and scientific sources. In this unit of study you will learn how to recommend wholesome foods and beverages based on seasonally available ingredients that delight the senses whilst providing specific phytochemicals and nutrients. You will also learn how to communicate knowledge of nutritional medicine philosophy, principles and practices

DURATION

One term (12 weeks) approximately 24 learning hours.

LEARNING OUTCOMES

By the conclusion of the unit of study, students should be able to:

1. Discuss nutritional medicine philosophy, principles and practices
2. Describe the history of nutritional medicine
3. Explain the role of nutrition within the multicausal model of health and disease.
4. Discuss the factors that influence food choices.
5. Discuss the role of flavour in the development of therapeutic diet plans.
6. Name foods that are good sources of specific phytochemicals and nutrients.
7. Describe the impact of cultural and lifestyle influences on the development of a healthy diet
8. Discuss the use of beverages and soups for general health or as part of a therapeutic diet plan.
9. Provide food therapy advice and develop therapeutic diet plans to incorporate specific foods and beverages
10. Provide dietary modification recommendations to incorporate seasonally available, foods and beverages that are rich sources of phytochemicals and nutrients.
11. Communicate knowledge of nutritional medicine methods of diagnosis and treatment practices on a one-to-one or group basis
12. Design a daily eating plan based upon the inclusion of seasonally available foods and beverages.
13. Seek out and implement new industry findings and practices.

TEACHING METHOD

This subject will be studied by the method known as “Distance/Blended Learning”. This form of study involves your completion of all learning outcomes without formal attendance at lectures or other types of classes.

The benefits of this system are considerable as it contributes significant flexibility to your study programme. It also encourages students to take responsibility for their own learning, enhancing those mandatory skills of self-education. There will be considerable support from the College to aid you in your studies.

A tutor will be available to answer any academic questions students may have. Details regarding this will be in the information and instruction sheet that will be sent to you upon enrolment.

ASSESSMENT	An Assessment Pack will be included in your Distance/Blended Learning folder. Pass mark 60%
COMPETENCIES PARTIAL COMPLETION	Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency HLTNUT604A Manage work within a clinical nutritional framework
ENROLMENT	You may enrol into this subject at any time. Unit of study fees must be paid in full when you enrol. All fees are <i>non-transferable and non-refundable</i> . You can enrol in person, over the telephone using a credit card, or by mail. Once you have enrolled you will be sent the Distance/Blended Learning Workbook together with a detailed instruction and information sheet.
PRE-REQUISITES	Nutrition 1A Or Introduction to Nutrition
CO-REQUISITES	Nil
TEXTBOOKS	Compulsory: <ul style="list-style-type: none"> • Nature Care College Food Fundamentals Student Workbook • Murray M. The complete book of juicing. Three Rivers Press USA 1998 • Stanton R. (Consultant Nutritionist) Reader's Digest Foods that harm foods that heal: An A-Z guide to safe and healthy eating 2nd edition. Reader's Digest Australia Pty Ltd 2007 Recommended Reading / References: <ul style="list-style-type: none"> • Beliveau R, Gingras D. Foods that fight cancer. Allen & Unwin Australia 2006 • Hark L, Deen D. The wholegrain diet miracle. Dorling Kimbesley Ltd UK 2006 • Higdon J. An evidence-based approach to dietary phytochemicals. Thieme Medical Publishing Inc. 2007 OR Updated online version available from: http://lpi.oregonstate.edu via http://lpi.oregonstate.edu/infocenter/ • Kime T. Exploring taste and flavour: the art of combining hot, sour, salty, & sweet in 150 recipes. Kyle Cathie Ltd UK 2007. • Kittler P, Sucher K. Food and culture 5th edition. Thomson Wadsworth USA 2008. • McGuire M. (Editor) CleanFood Organic. McGuireGuides Australia 2006 © Custom Publishing Pty Ltd. • Murray M, Pizzorno J, Pizzorno L. The Encyclopaedia of healing foods. Time Warner Books UK 2006 • Pitchford P. Healing with whole foods: oriental traditions and modern nutrition 3rd edition. North Atlantic Books USA 2002 • Turner L. Meals that heal: A nutraceutical approach to diet and health. Healing Arts Press USA 1996 • Vogel H. The nature doctor: a manual of traditional and complementary medicine. Bookman Press Australia 1995

SUGGESTED HOME STUDY PLAN:

LESSON 1

Food Fundamentals in Australia

Introduction to Food Fundamentals
Aims of the Food Fundamentals course
Foods and beverages – the therapeutic effects
The multicausal model of health
Traditional and scientific approaches to food therapeutics
Food in focus: Cucumber
The traditional Australian Aboriginal diet
The Australian food industry
Lesson 1b
Nutritional medicine philosophy, principles and practices
Historical developments in nutritional medicine

LESSON 2

The flavour of food

What is flavour?
The five taste stimuli –sweet, sour, bitter, salty and *umami*
Responses to the five taste stimuli
Food in focus: Chilli
Seasonal food in Australia
Farmers' markets in Australia
Slow Food

LESSON 3

Phytochemicals

Introduction
What are phytochemicals?
Main classes of phytochemicals
What are antioxidants?
Foods in focus: Beetroot and cherries

LESSON 4

Cruciferous vegetables

Introduction
Meet the family
History
Why are they good for us?
What is the best way to eat them?
Food in focus: Watercress

LESSON 5

Herbs

Introduction
Culinary use of herbs
Therapeutic uses of herbs
Phytochemical in focus: Chlorophyll
Green vegetables and alpha-linolenic acid
Food in focus: Parsley

LESSON 6

Spices

Introduction
Storing and using culinary spices
Therapeutic properties of common spices
Food in focus: Turmeric

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LESSON 7	Vinegar, lemons and plant enzymes Introduction Vinegar Lemons Tamarind Cautions with using vinegar and lemon juice Enzymes in plant foods Foods in focus: Kiwi fruit and papaya Assessment 1 due
LESSON 8	Eating to maintain optimal immunity Introduction Immune function – the basics Phytochemicals in focus: Carotenoids Foods in focus: Capsicums, carrots, garlic and quinoa Colds, fevers and common infections Communicate methods of diagnosis & treatment practices used in nutritional medicine.
LESSON 9	Eating for cardiovascular health Introduction Foods for cardiovascular health Juice combinations for cardiovascular health Foods in focus: Apples, buckwheat, oats and okra Seek out and implement new industry findings and practices
LESSON 10	Eating for healthy cognitive function Introduction Foods for maintaining healthy cognitive function Phytochemicals in focus: Anthocyanins Foods in focus: Fish and berries Salicylates
LESSON 11	Therapeutic beverages and soups Introduction Smoothies Soups Congees Juices Drinks using herbs and spices
LESSON 12	Creating therapeutic diet plans Identifying causal factors Creating a therapeutic diet plan – general guidelines Case study: rosacea Medicine and food interactions Conclusion Assessment 2 due