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Nature Care College

Food Fundamentals

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	24 hours		
LEARNING OUTCOMES	<p>By the conclusion of the unit of study, students should be able to:</p> <ol style="list-style-type: none"> 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 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	Modified lectures, overheads, videos		
ASSESSMENT	Assignment	Due Week 7	50%
	Formative Examination Process	Due Week 12	50%
	Pass mark 60%		
	Each assessable component must be completed and passed at 60% in order to pass this subject satisfactorily.		
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		

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ATTENDANCE	80% minimum
PRE-REQUISITES	Introduction to Nutrition or Nutrition 1A
CO-REQUISITES	Nil
MATERIALS REQUIRED	Food Fundamentals Workbook, Notebook, pen
TEXTBOOKS	<p>Compulsory:</p> <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 <p>Recommended Reading / References:</p> <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

WEEK-BY-WEEK OUTLINE

WEEK 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
Food in focus: Cucumber
The traditional Australian Aboriginal diet
The Australian food industry
Lesson 1B
Nutritional medicine philosophy, principles and practices
Traditional and scientific approaches to food therapeutics

WEEK 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
Historical developments in nutritional medicine

WEEK 3 **Phytochemicals**
Introduction
What are phytochemicals?
Main classes of phytochemicals
What are antioxidants?
Foods in focus: Beetroot and cherries

WEEK 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

WEEK 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

WEEK 6 **Spices**
Introduction
Storing and using culinary spices
Therapeutic properties of common spices
Food in focus: Turmeric

WEEK 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 Assignment Due
WEEK 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 and treatment practices used in nutritional medicine.
WEEK 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
WEEK 10	Eating for healthy cognitive function Introduction Foods for maintaining healthy cognitive function Phytochemicals in focus: Anthocyanins Foods in focus: Fish and berries Salicylates
WEEK 11	Therapeutic beverages and soups Introduction Smoothies Soups Congees Juices Drinks using herbs and spices Creating therapeutic diet plans Identifying causal factors Creating a therapeutic diet plan – general guidelines Case study: rosacea Medicine and food interactions Conclusion
WEEK 12	Formative Examination Process – One Hour

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.