



### DESCRIPTION

This practical and theoretical model will introduce you to the concept of Oriental Dietary Therapy, which is the appropriate selection of foods and the combination of Chinese Herbal Traditional Medicinal foods. You will learn about diet basics, cooking techniques and properties of food and how to recognize different symptomatic patterns and problems that require unique dietary solutions.

### DURATION

12 Hour – 2 x 6 Hour days

### LEARNING OUTCOMES

By the conclusion of this module students should have:

1. Developed an understanding of the basic principals of Oriental Dietary Therapy
2. Become familiar with a range of factors that influence the process of digestion from a Traditional Chinese Medicine diagnostic perspective.
3. Recognise basic dietary needs and select basic food solutions to support the client
4. Develop an understanding of the nature and energetics of food from an Oriental perspective

### TEACHING METHOD

Modified lectures and Practical Group work  
 Course Notes

### ASSESSMENT

Assessment Task 1 - Exam - 80%  
 Practical assessment of competency – 20%

### ATTENDANCE

90% minimum

### PRE-REQUISITES

Introduction to Oriental Healing

### CO-REQUISITES

Oriental Diagnosis 1

### MATERIALS REQUIRED

Notebook, pen

### TEXTBOOKS

- (a) Course Notes provided**  
**(b) Recommended Reading / References:**  
 Healing with Wholefoods – Pitchford. P. – 1993 North Atlantic Books  
 Prince Wu's Cook  
 Food for Seasons

## WEEKEND BY WEEKEND OUTLINE

<b>Morning Session</b>	Introduction to basic Oriental dietary therapy principals
<b>Afternoon Session</b>	Development of basic Oriental dietary therapy principals Practical demonstrations
	<b>Assessment Task 1 – Assignment/ Quiz/ Food Log</b>

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.