



Food As Medicine

Summary

Explore the healing potential of foods, beverages and dietary patterns using the best knowledge from both traditional and scientific sources. 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 to improve health and prevent disease.

Learning Outcomes

1. Explain the role of nutrition within the multi-causal model of health and disease.
2. Describe whole foods and recognise the benefits of eating local, seasonal produce
3. Name foods that are good sources of specific phytochemicals and nutrients.
4. Outline the eating philosophy of eating for disease prevention
5. Discuss and explore the healing properties of specific foods and food groups from a traditional and scientific perspective
6. Outline the benefits of using herbs and spices in meals, teas and other beverages
7. Learn how to put together wholefood menu plans that
8. Try out some tasty whole food recipes and learn about some new ingredients

Content

- Food as medicine in Australia
- Eating a rainbow of plant foods
- Gut Health-The Microbiome
- Luscious leafy greens
- Mediterranean diet, nuts and oils
- Fibre rich foods and gut health
- Fabulous fruits and vinegars
- Alliums and mushrooms
- Herbs
- Spices
- Menu plans

Assessment

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned. Assessment quizzes are open book and held online.

This subject is assessed via the following:

- 1x end-of-term quiz

Pre-requisites

Nil

Duration

40 hours

Lecturer Led Delivery

(10 contact hours & 30 hours self-paced learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this subject. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Self-Paced Delivery

(40 hours self-paced learning)

Hours are inclusive of all prescribed activities throughout the duration of this subject. These may include on-line tasks, assessments, prescribed reading, research, assignments and activities.

Textbooks

No compulsory textbook

Recommended:

'Food that Harm, Foods that Heal. What to Eat to Beat Disease and Live Longer'. Reader's Digest Australia Pty Ltd 2018.

or the earlier edition:

'Foods that harm foods that heal: An A-Z Guide of What to Eat and What to Avoid for Optimum Health'. Reader's Digest Australia Pty Ltd 2013.

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing info@naturecare.com.au
