

COURSE DETAIL

MEDICINAL FOOD AND CHINESE DIETETIC CULTURE

Country

China

Host Institution

Fudan University

Program(s)

Fudan University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences Asian Studies

UCEAP Course Number

131

UCEAP Course Suffix**UCEAP Official Title**

MEDICINAL FOOD AND CHINESE DIETETIC CULTURE

UCEAP Transcript Title

MEDICINE&CHIN DIET

UCEAP Quarter Units

3.00

UCEAP Semester Units

2.00

Course Description

This course introduces Chinese dietetic culture, traditional Chinese medicine and medicated diet in its background, and guides students to understand the concept and practice of traditional Chinese medicine. Students examine this practice for health preservation, so as to establish a correct and healthy diet and life concept, to explore and identify different health theories and viewpoints, to lay a professional foundation for students' healthy diet lifestyle, and to pass on and carry forward the splendid Chinese diet and medicinal diet culture. The course looks at the similar origins of medicine and food. It introduces the Chinese traditional culture embodied in daily diet activities. This course introduces the ups and downs of Yin and Yang in the natural world, and through understanding the big universe in the natural world to understand the small universe of the human body, to appreciate the charm of the idea of harmony between heaven and man, and to guide students to inherit and carry forward Chinese traditional culture.

Language(s) of Instruction

Chinese

Host Institution Course Number

PHAR110031,GEEC10334

Host Institution Course Title

MEDICINAL FOOD AND CHINESE DIETETIC CULTURE

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Pharmacy

Course Last Reviewed

2025-2026

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