

## 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

### Host Institution Course Title

MEDICINAL FOOD AND CHINESE DIETETIC CULTURE

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

Pharmacy

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