

QCOM

SUBJECT TITLE Unit 16 Food As Medicine

SUBJECT CODE QCOFAM

CAMPUS Diamond Valley

PREREQUISITES NIL

PARENT COURSE Certificate IV Shiatsu HLT 40202

SUBJECT AIMS

To give the student a sound understanding of the importance of nutrition in health. Students will also be trained in food preparation with particular emphasis on the concept of Macrobiotics and Japanese cooking.

LEARNING OUTCOMES

At the satisfactory completion of the subject it is expected that students will be able to:

- Understand the concepts of Food types combination
 - Using different foods for different body types
 - Preparation of Macrobiotic meals for health improvement.
- i. HLTCOM2A Develop professional expertise
 - ii. BSBCMN204A Work effectively with others
 - iii. HLTSHU3A Perform Shiatsu health assessment

CONTENT

Japanese style cooking classes with special emphasis on the theory concepts of Macrobiotics

METHODS OF TEACHING

Face to face with practical cooking instruction

REQUIRED READING

Text supplied at commencement of the course together with handouts supplied at each session.

ASSESSMENT

Written integration, and demonstration of cooking skills.