Subject Brief

ENDEAVOUR College of Natural Health

NMDM121

Medicinal Food Science

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Core	Year 1	Semester 2
Bachelor of Health Science (Clinical Nutrition)	Core	Year 1	Semester 2
Diploma of Health Science	Core	Year 1	Semester 2

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: BIOA111, NMDF121

Subject overview

In Medicinal Food Science, students explore the therapeutic potentials of various whole foods through the examination of natural chemical constituents and the potential effects on health outcomes. This subject also introduces students to the theory and practice of food-based science. Students are encouraged to explore, present and analyse methods of food preparation and cooking, as well as cultivation and storage practices. Medicinal Food Science provides a foundation for later subjects where nutrition and diet therapy are discussed and applied in more depth.

Assessments

- Week 5: Online Quiz
- Week 7: Written Assignment
- Week 12: Written Assignment

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