



中華廚藝學院
CCI

中華健康美食及營養

Chinese Tonic Food



- 地點 Venue : 香港薄扶林道145號職業訓練局薄扶林大樓7樓
7/F, VTC Pokfulam Complex, 145 Pokfulam Road, Hong Kong
- 日期 Date : **20/6, 27/6, 4/7 & 11/7/2019 (共 4 堂, 4 lessons)**
- 時間 Time : 9:00am – 5:30pm
- 學費 Tuition : HK\$1,130
- 入讀資格 各界對中醫食療有興趣之人士
- Entry Requirements : Any parties who are interested in Chinese tonic food
- 查詢及報名
- Enquiry and Application : 2538 2200 / cci@vtc.edu.hk

課程簡介 Programme Features

本課程教授中醫營養學之基本理論及常用食物的功能與禁忌等。課程理論部份由香港大學專業進修學院中醫助理教授及註冊中醫師董爽博士任教，並由中華廚藝學院導師示範健康美食菜式。

The Chinese Tonic Food programme covers topics ranging from theory of Chinese dietetics to food functions and contraindication. Theoretical sessions will be conducted by Dr. Jenny Tung, Assistant Professor (Chinese Medicine) of HKU SPACE and registered Chinese medicine practitioner, while healthy tonic delicacies sessions will be demonstrated by CCI instructors.

“以中醫角度理解不同體質人士的適當飲食”
Eat healthy through the perspective of traditional Chinese medicine”

課程內容 Contents

- 中醫營養學理論基礎
- 食療原則
- 食物的性能
- 常用食物功能與禁忌
- 中醫體質分類與飲食
- 常見疾病的忌口
- 四季食療菜譜的製作原理及示範
- 現代營養學理論基礎等
- Theory of Chinese dietetics
- Principles of food therapy
- Food properties
- Food functions and contraindication
- Body-build classifications and Chinese tonic food
- Forbidden food for common ailments
- Principles on preparation of dietary menu and demonstrations
- Theory of modern dietetics, etc.



課程將以中文教授，輔以英語詞彙

The programme will be conducted in Chinese, supplemented with English terminologies