

International PhD course:
Food, Medicine and Philosophy in East and West

Course background:

Diets previously restricted to certain regions are now available world wide ("dietary globalization"). Nevertheless, diet habits of individuals and populations are determined by more than food availability, technology and science. Philosophical, cultural and religious views of nature and the human body are also important. So what determines what we choose to eat and how we view nutrition and body health? Natural science, culture, instinct or religion? Is food more than fuel and building blocks for the "body machine"? Does food have a role for physical, mental as well as social well being? The answers vary among different cultural traditions and geographical regions.

This broadening PhD course (PhD = doctor of philosophy!) aims to give PhD students an improved understanding of the scientific, cultural and/or philosophical background for specific diet habits and health views. We couple observational field work with teaching on the philosophy of science in each of the three main academic study areas: natural science, social science and human sciences. Specifically, we will contrast some traditions of the Western world with those in the far East (in particular China). This will make the student aware of both the potentials and the limitations of Western science and medicine, and of their roles in the dietary globalization.

The course is truly inter-disciplinary and presents topics from very different academic disciplines (food science, nutrition, medicine, pharmacology, sociology, philosophy, religion). All course participants are expected to contribute to a fruitful cross-talk among different fields. Each student will pick a focus area for a written report that supports his/her specific PhD program.

Course duration and credits (3 options):

Full course:	3 weeks, 6 ECTS.
Lecture part + report:	2 weeks, 4 ECTS.
Lecture part:	1 week, 2 ECTS.

Exam:

Delivery of course report, presentation, pass/fail of report. Course language is English.

Target students:

PhD students from the academic fields of nutrition, food science, sociology, medicine, pharmacy, religion/theology or related fields. The course budget sponsors some PhD students from China in the food, medicine and philosophy research fields. We encourage interested MSc students and other academics beyond the PhD level to participate. These would not necessarily follow the entire course (e.g. either the Copenhagen or the Hong Kong/Guangzhou parts), and will not be required to deliver a course report (for obtaining ECTS study credit points). A separate course fee will be required for non-PhD students. The course is run by the PhD Research School FOOD at University of Copenhagen.

General course outline:

The course consists of two parts at two locations: 1) Lectures and report work at Faculty of Life Sciences (LIFE), University of Copenhagen and 2) field studies in Hong Kong and Guangzhou, China. The course consists of a series of preparatory lectures, literature searches, and an independent investigation into a topic, ideally related to the student's own PhD program (suggestions below). By the end of the course each student will prepare a written report (3-5 pages, 1½ line spacing, 12 pt.) that will be presented (Powerpoint) and discussed by the entire group of students (20 min incl. discussion) and examined by the course coordinators (pass/fail).

Suggested topics for individual reports (modified according to topics for specific PhD studies):

- 1) The physics and chemistry of food: Its science, culture and philosophy in East and West.
- 2) Nutrition and health of the human body: Its science, culture and philosophy in East and West.
- 3) Functional foods and bioactive nutrients: What are the trends in East and West - and why?
- 4) Traditional Chinese Medicine (TCM) and Western medicine - are there room for cross talk?
- 5) Diet, nutrition and health - the secular and modern perspective versus traditional views.
- 6) Diet, nutrition and health - the religious perspective (Christian, Taoist, Buddhist, Hindu)?
- 7) Natural science and religion - mutual interactions and conflicts in East and West.
- 8) Diet-related life-style diseases and obesity - do philosophy, culture and religion play a role?

Course fee (lectures + field trip, total 3 weeks):

- Lectures and lecture materials are provided free of charge. However, the separate expenses for the field work in Hong Kong and China is to be covered by each student. These are (approximately):
- 8000 DKK (Flight ticket, Copenhagen - Hong Kong return)
- 3000 DKK (8 days accommodation/course materials in Hong Kong/China)
- 3000 DKK (8 days food and beverages)
- 1500 DKK (Local transport Hong Kong/Guangzhou)
- 500 DKK (Visa to China)
- 16000 DKK (Total)

A 3000 DKK deposit must be paid by September 15, 2008. Remaining expenses will be paid individually by each student according to individual arrangements. Students with limited financial resources may apply for support from the course secretariat (deadline September 15).

Course coordinator:

Per T. Sangild,
 Professor of Nutrition, PhD, DSc,
 Department of Human Nutrition,
 University of Copenhagen
 30 Rolighedsvej, R276,
 DK-1958 Frederiksberg C, Denmark
 Tel +45 35 33 26 98, mail psa@life.ku.dk

Co-responsible in 2008:

Ass. Prof., Dr. Jonas Jørgensen, Faculty of Theology, University of Copenhagen
 Ass. Prof., Dr Jennifer Wan, Faculty of Biological Sciences, University of Hong Kong
 Hiutung Chan, Bridge & Dialogue Division, Tao Fong Shan Christian Centre, Hong Kong

Course secretariat:

Lars Holm Rasmussen
 Scientific secretary, MSc, PhD
 Centre for Advanced Food Studies
 Rolighedsvej 30, 1; DK-1958 Frederiksberg C
 Denmark
 Phone: +45 35333236
 Fax: +45 35333210
lhr@life.ku.dk

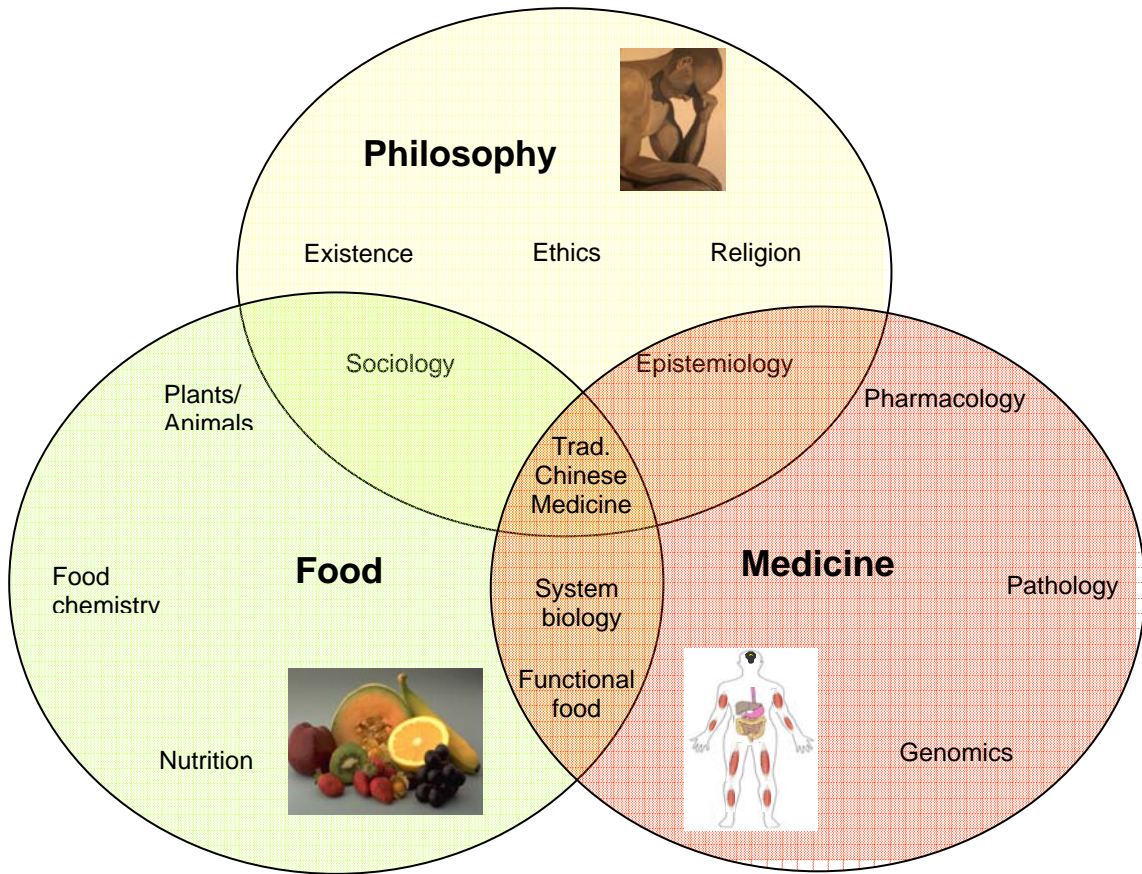
Course program - Copenhagen:

Lectures (50 min incl. discussions/group work) at Faculty of LIFE Sciences, Univ. of Copenhagen:

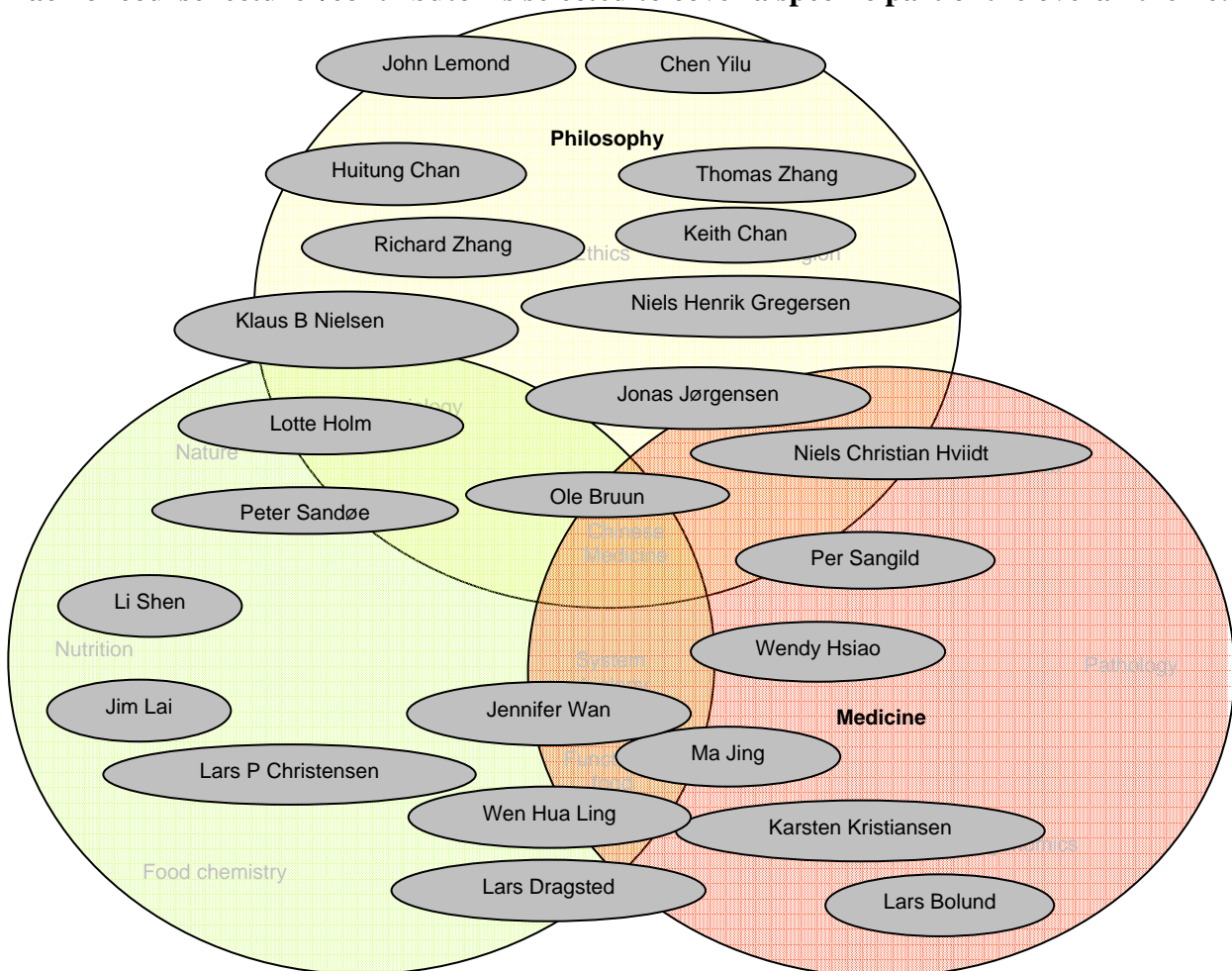
Day	Time	Topic	Person in charge
Thu 13.11	9-10	Practical course introduction - participants, lecturers, expectations, report	PTS / JW / JJ
	10-11	Scientific introduction - what has food to do with medicine - and with philosophy?	PTS
	11-12	Cultural/social determinants of food, meal patterns and human health in West -1	LH
	13-14	Cultural/social determinants of food, meal patterns and human health in West -2	LH
	14-15	Scientific knowledge about food bioactives and health in West and in China - 1	KK
	15-16	Scientific knowledge about food bioactives and health in West and in China - 2	KK
Fri 14.11	9-10	Traditional Chinese Medicine in a Western science context	JW
	10-11	Traditional Chinese Medicine – scientific facts or fiction?	JW
	11-12	Traditional and contemporary views towards nature, food and body in China - 1	OB
	13-14	Traditional and contemporary views towards nature, food and body in China - 2	OB
	14-15	Nature and religion in Asian syncretistic traditions - 1	JJ
Sat 15.11	15-20	Field study: What is characteristic of Danish food markets, meals and health views?	LHR /JW/PTS
Sun 16.11		Free social interactions among Danish and international participants	
Mon 17.11	9-10	Food, medicine and philosophy in East and West – follow up	PTS / JW
	10-11	Chinese personality and understanding of networking in a global world - 1	VW
	11-12	Chinese personality and understanding of networking in a global world - 2	VW
	13-14	The chemistry of food bioactives in East and West - 1	LPC
	14-15	The chemistry of food bioactives in East and West - 2	LPC
	15-16	Chinese philosophy and traditional views towards Nature - 1	KBN
	16-17	Chinese philosophy and traditional views towards Nature - 2	KBN
Tue 18.11	9-10	Food, medicine and philosophy in East and West – follow up	PTS / JW
	10-11	History and philosophy of natural science and associated ethics - 1	PS
	11-12	History and philosophy of natural science and associated ethics - 2	PS
	13-14	Functional foods, health science and nutrigenomics -1	LD
	14-15	Functional foods, health science and nutrigenomics -2	LD
	15-17	Presentation of headlines of proposed reports by each student	PTS / JJ
Wed 19.11	9-10	Introduction to Tao Fong Shan and the Hong Kong/Guangzhou program activities	PTS
	10-11	Natural science and religion: historical conflicts and synergies - 1	NHG
	11-12	Natural science and religion: historical conflicts and synergies - 2	NHG
	13-14	Naturalistic, existential and religious aspects of health and disease - 1	NCH
	14-15	Naturalistic, existential and religious aspects of health and disease - 2	NCH
	15-17	Report work - defining key questions to be answered in written report	PTS / JJ
Thu 20.11	13-20	Departure for Hong Kong	LHR / PTS
Mon 1.12		Return to Copenhagen (except Chinese participants)	
Tue 2.12		Individual course report work	
Wed 3.12	12	Delivery of course report via e-mail	PTS / JJ / JMF
Fri 5.12	8-12	Presentation of course reports (20 min incl. discussion).	PTS / JJ

Course program - Hong Kong/Guangzhou:

Day	Time	Topic	Person in charge:
21.11 Fri	12-19 19 20-21	Arrival in Hong Kong Evening meal at Tao Fong Shan (TFS) Welcome introduction at Tao Fong Shan	Independent HC / JL HC
Sat 22.11	9-11 11-12 13-14 14-15 15-16 17-22	Food, body and philosophy in Chinese tradition -1 Nature philosophy in Christianity, Buddhism and Confucianism Guided walking introduction to Tao Fong Shan and Hong Kong surroundings Visit to 10000 Buddha Monastery – pragmatic Chinese religion, food relations? Visit to local cemeteries in Shatin – any role of food and medicine for the dead? Visit to Mong Kok food and shopping markets	HC KC PTS PTS PTS PTS
Sun 23.11	9-10 10-10½ 10½-12 12 12½ 14-16 17-18	Introduction to food and nature in religious traditions What relevance has food and body for a retreat centre in Hong Kong? Tai Wai food/medicine markets - what is different between East and West? Depart for Fung Ying Seen Koon Daoist centre. What is role of cuisine/food? Vegetarian meal at Fung Ying Seen Koon Daoist centre. Demonstration/lecture by local TCM doctors at Fung Ying Seen Koon Temple Return to Tao Fong Shan, free evening.	PTS JL JL PTS HC HC/TCM
Mon 24.11	8½ 9-12 13 14-15 15-16 16-17 17-18 18-20	Dept. for study visit to Hong Kong Baptist Univ., School of Chinese Medicine Lectures, discussions, site visit and TCM museum visit at HKBU Arrival Dept. Nutrition, University of Hong Kong (HKU), lunch in St.Union Introductions, undergraduate/graduate/postgraduate programs, Copenhagen/HK TCM and functional foods in East and West -1 TCM and functional foods in East and West -2 Round table or small group discussions on nutrition-health in East and West Evening gathering HKU staff members and students	PTS HW PTS/JW JW JW/others JW/others JW/PTS JW
Tue 25.11	9-10 10-11 12½ 14 14½ 17 21	Food, Medicine and Philosophy – midway review, what have we learned? Food, body and philosophy in Chinese tradition -2 Departure for Shenzhen and Guangzhou, Mainland China Shenzhen, HuaDa Yan Tian area. Beijing Genomics Institute. "Wellness" genes and mechanisms of biological maintenance – science & Dao? Local eating at Beijing Genomics Institute, Shenzhen. Arrival in Guangzhou	PTS HC HC LB LB LB HC
Wed 26.11	7½-9 9 9½-10½ 10½-12 12-13 13-16 19-21	Breakfast and briefing time Dept for Sun Yat-sen University, School of Public Health, North Campus Study visit to 1st affiliated university hospital – Western medicine in the East? Food cultures in Southern China (lectures) Lunch Guangzhou Hospital for Traditional Chinese Medicine - difference from West? Dinner in West Chinese style (Sichuan)	HC MJ MJ MJ HC HC HC
Thur 27.11	7½-9 9 9½-12 12 13 13½-15 15-16 16-18 18-22	Breakfast and briefing time Dept. for Sun Yat-sen University, Dept. Philosophy, South Campus Chinese food and medicine in traditional and contemporary philosophy (lecture) Lunch at South Campus Departure for Guang Xiao Church Food, medicine and nature in Christianity - conflicts with Chinese philosophy? Introduction to ancient Buddhist temple – food & medicine in Buddhism? Dinner at vegetarian restaurant, Buddhist temple Free evening in Guangzhou	PTS/HC HC TZ / RZ TZ/ RZ HC CY HC/monks HC/monks
Fri 28.11	7½-9½ 9½-11½ 12-13 13-15 15	Breakfast + briefing time - Visitation to the hotel kitchen Ching Ping Herbs and Food Market , one of the biggest herbal markets in China Herbal restaurant meal Visiting Beijing Road Market Departure for return to Tao Fong Shan	PSA / HC HC HC HC HC
Sat 29.12	9-12 12-21	Wong Tai Sin temple - a Hong Kong traditional mix of food, health, religion? Cheung Chao – seafood island life outside Hong Kong	PTS PTS
Sun 30.11	9-10½ 10½-12 12-16 20	Chinese Tea meditation – what has food and nature to do with meditation? Seminar on course report outlines, each student 10 min Optional: Trekking to Needle Hill or Wu Kai Shi temple/Heritage Museum Departure for airport and Copenhagen	JLE PTS/HC PTS LHR / PTS



Each of course lecturer/contributor is selected to cover a specific part of the overall theme:



Course lecturers in Hong Kong or Copenhagen (alphabetical, topics indicated):

- Bolund, Lars (LB), Prof., dr.med. genetics, Univ. Aarhus and Beijing Genome Institute at Shenzhen, (“wellness genes” and mechanisms of biological maintenance), bolund@humgen.au.dk.
- Bruun, Ole (OB), Ass. Prof., PhD ethnology, Roskilde University Centre (RUC), (cultural and religious trends in China related to food and nature, Chinese Fengshui), obruun@ruc.dk
- Chan, Hiutung (HC), PhD theology, Bridge & Dialogue, Tao Fong Shan Christian Ctr., Hong Kong, (Taoist/Buddhist/Christian philosophies regarding food, nutrition, health), hiutung@tfsc.org
- Chan, K.F. Keith (KC), Research Fellow, PhD Philosophy, Institute of Sino-Christian Studies (Nature philosophy in Chinese religions and Christianity), keith@iscs.org.hk
- Chen, Yilu (CY), President, PhD Theology, Guangdong Union Theological Seminary (Nature and food in Chinese and Christian belief traditions), elupastor@sina.com.cn
- Christensen, Lars Porskjær (LPC), Prof., PhD, Dept. Chemistry/Biotechn., Univ. Southern Denmark, (Traditional Chinese Medicine and Medicated Diets in the West), lpc@kbm.sdu.dk
- Dragsted, Lars (LD), Professor, PhD, nutrigenomics and biomedicine, Dept. Human Nutrition, Univ. Copenhagen (functional foods and body health), ldra@life.ku.dk.
- Gregersen, Niels Henrik (NHG), Prof., PhD theology, University of Copenhagen, (synergies and conflicts between natural science and religion/theology), nhg@teol.ku.dk
- Holm, Lotte (LH), Prof., PhD nutrition sociology, Dept. Human Nutrition, Univ. Copenhagen, (nutritional sociology and culture, choice paradigms, sociology of obesity), loho@life.ku.dk
- Hsiao, W.-L. Wendy (HW), Ass. Dean, Prof., School of Chinese Medicine, Hong Kong Baptist University (Traditional Chinese Medicine in Hong Kong), bowhsiao@hkbu.edu.hk
- Hviidt, Niels Christian (NCH), Ass. Prof., PhD theology, Univ. Southern Denmark, (miracles, faith, theology, meal and medicine in East and West), nchvidt@health.sdu.dk
- Jørgensen, Jonas (JJ), Assistant Professor, PhD theology, Univ. Copenhagen, (nature and religion in Asian syncretistic tradition), jai@teol.ku.dk
- Kristiansen, Karsten (KK), Professor, DSc, molecular biology, Univ. Southwestern Denmark/ Beijing Genome Institute, (molecular basis of food bioactive effects), kak@bmb.sdu.dk.
- Lai, Jim (JL), Pilgrims Hall Administrator at Tao Fong Shan Service Unit (local food traditions in Hong Kong, the role of food in retreat), jimlai@tfssu.org.
- Lemon, John (JLE), PhD divinity, Bridge & Dialogue Division, Tao Fong Shan Christian Centre, Hong Kong (dialogue between religions), lemond@tfsc.org
- Li, Shen (SL), Cand.scient., Chinese restaurant manager, Fredensborg, Denmark, (Chinese cooking traditions in East and West), lishen2@hotmail.com
- Ma Jing (MJ), MD, MPH, Prof. Nutrition, Sun Yat-sen Univ., Guangzhou (GZ), (Food culture in China), majing@mail.sysu.edu.cn
- Nielsen, Klaus Bo (KBN), Academic worker, Dept. Religious Studies, Univ. Aarhus. (Classical Chinese philosophy and nature view), kbn@teo.au.dk
- Rasmussen, Lars Holm (LHR), PhD, Scientific secretary, Centre for Advanced Food Studies (course coordination), lhr@life.ku.dk
- Sandøe, Peter (PS), Professor, PhD Ethics/Philosophy, University of Copenhagen, (history and philosophy of Western natural science and its associated ethics), pes@life.ku.dk
- Sangild, Per T (PTS), Professor, DSc nutrition, Univ. Copenhagen, (East-West understanding and dialogue in nutrition, health and religion fields), psa@life.ku.dk
- Wan, Jennifer M (JW), Ass. Professor, PhD nutrition, University of Hong Kong, (Western nutrition & medicine, Chinese traditional medicine), jmfwan@hkusua.hku.hk
- Wen, Hua Ling (WHL), Dean, Prof., PhD nutrition, Sun Yat-sen Univ., Guangzhou (GZ), (trends in the functional food-medicine area in China), lingwh@mail.sysu.edu.cn
- Worm, Verner (VW), Prof. of Chinese Business & Development, Asia Research Center, CBS, DK (trends in Chinese business understanding and philosophy), vw.int@cbs.dk
- Zhang, Richard X.Y. (RZ), Ass. Director, Department of Philosophy, Sun Yat-sen University, Guangzhou (philosophy in modern China, Christianity), xyz504a@yahoo.com.cn
- Zhang, Thomas (TW), Ass. Prof., PhD Philosophy, Sun Yat-sen University, Guangzhou, (philosophies in modern China – relations to food and health?), zhangxianzs@163.com