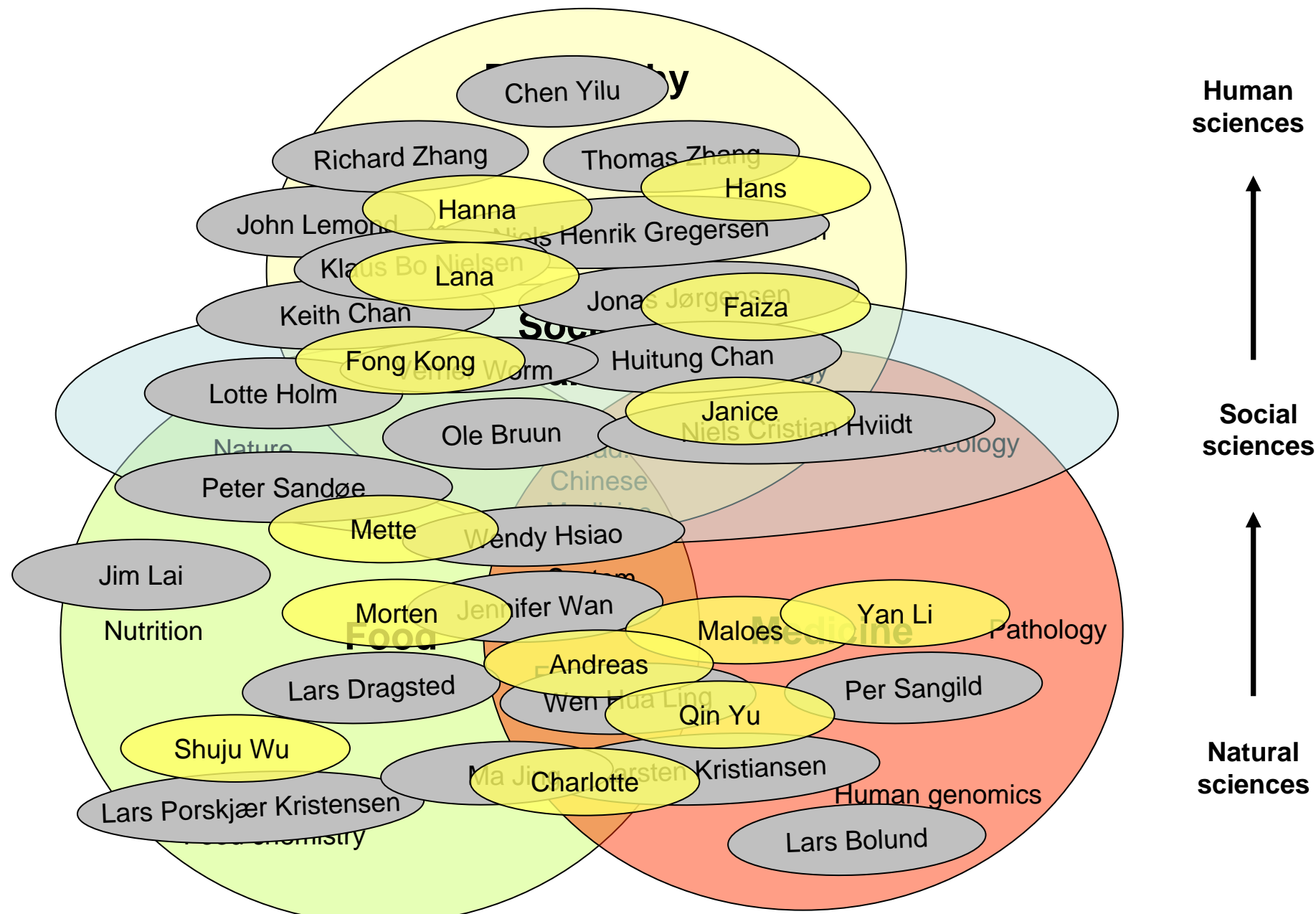


# Course program (Hong Kong – Guangzhou)

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

# Food, medicine and philosophy – some main study fields:



# Different types of meals (West):

## Cerals/rice



Starch

## Hot meal



Protein-Fat

## Sweets



Sucrose-Glucose

## Fruit



Fructose-Fiber

## Vegetable



Fiber-Starch

## Cakes



Sucrose-Fat

# Diet focus on food differences

- not nutrient differences (carb., protein, fat, minerals, vitamins)



# Fast food

Food=molecules, body=machine



Fast

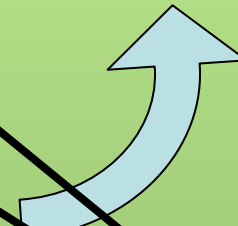
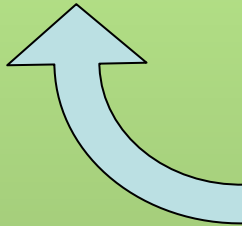
# Slow food

Food and body as natural art



Slow

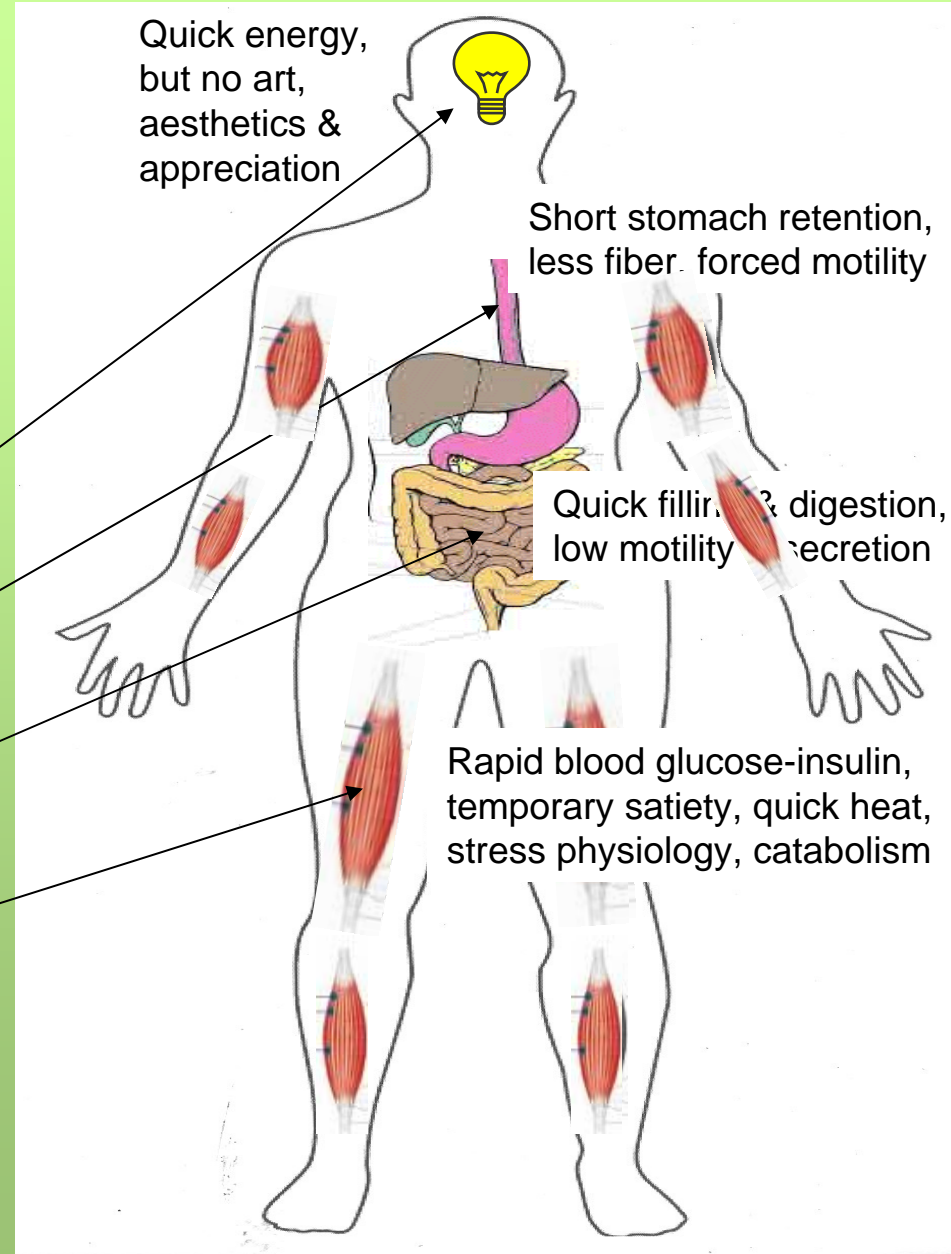
Food:  
Preparation  
Intake  
Digestion  
Metabolism



Depends  
on diet+body

Depends  
on culture

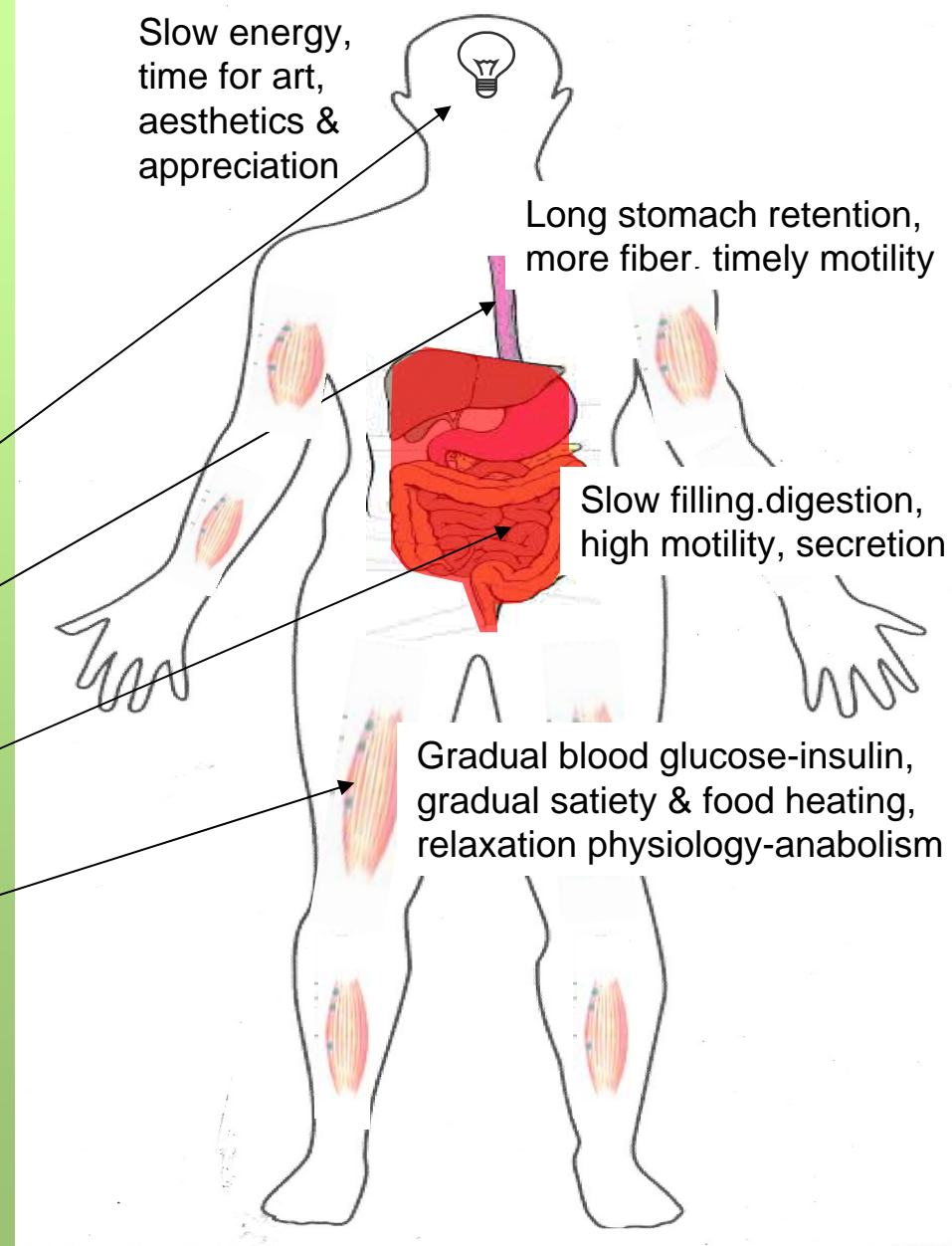
# Effects of fast food on the human body:



Fast:  
Preparation  
Intake  
Digestion  
Metabolism

**Problem: Fast food and/or fast living?**

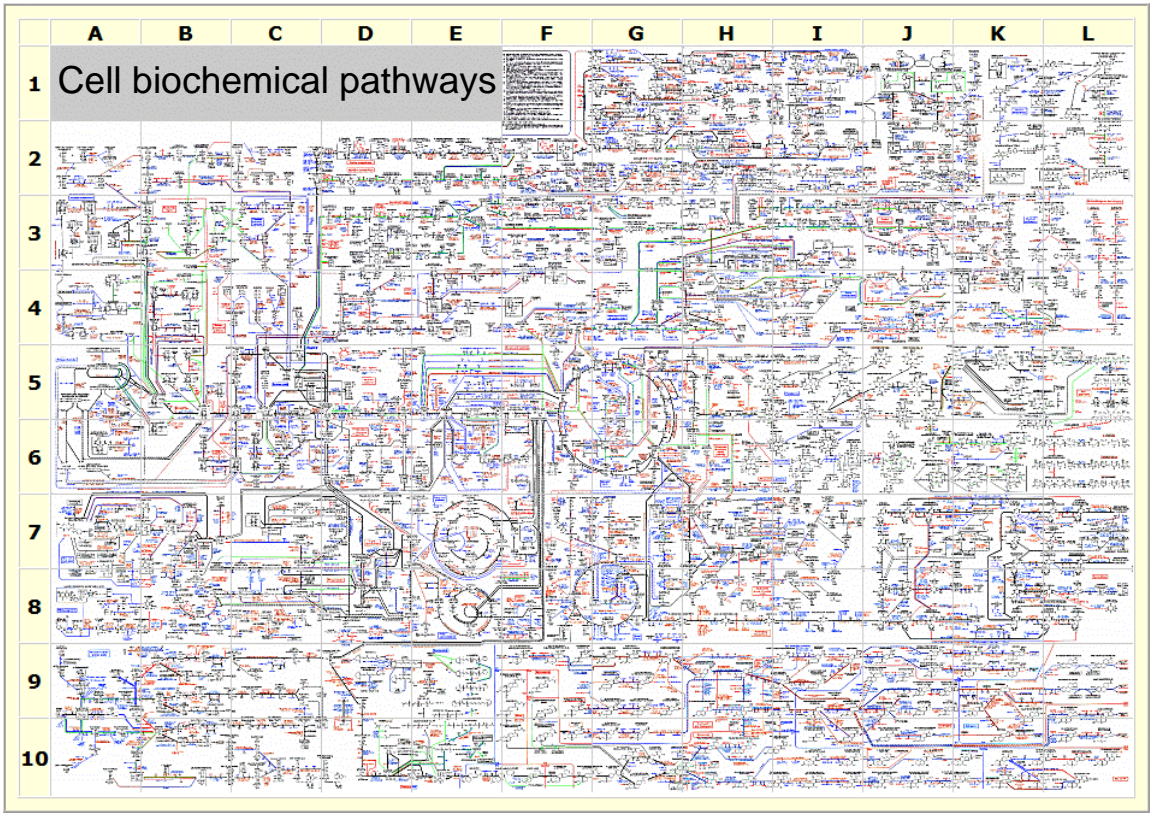
# Effects of slow food on the human body:



Slow:  
Preparation  
Intake  
Digestion  
Metabolism

**Aim: Slow food and/or slow living?**

# WEST: Physical exercise for the chemical machine



+



+



=



Nutrition and fitness council



# FITNESS:

- 1) Physical exercise for the chemical machine?
- 2) Life-giving contact with the natural/supernatural world

