

NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 115

營養及體重控制證書課程 – 第115屆

NUT-0126-115

DATE	COURSE TITLE	TIME	VENUE
09/01/2026 (Fri)	Fundamental Concepts of Weight Management 1: Macronutrient of Common Cooked and Fresh Foods 基礎體重管理概念1之食物基本營養	19:00 – 22:00	A
12/01 (Mon)	Fundamental Concepts of Weight Management 2: Micronutrient of Common Foods: Focus on Vitamins 基礎體重管理概念2之維他命	19:00 – 22:00	A
16/01 (Fri)	Fundamental Concepts of Weight Management 2: Micronutrient of Common Foods: Focus on Minerals 基礎體重管理概念2之礦物質	19:00 – 22:00	A
19/01 (Mon)	Nutrition Assessment 營養評估	19:00 – 22:00	A
23/01 (Fri)	Food Portions and Calorie Counting 食物份量及熱量計算	19:00 – 22:00	A
26/01 (Mon)	Weight Loss Strategy 減肥策略	19:00 – 22:00	A
30/01 (Fri)	Factors Leading to Slow Weight Loss 導致減肥緩慢的因素	19:00 – 22:00	A
02/02 (Mon)	Practical Diet Skills to Boost Muscle Growth & Weight 實踐增肌增重的飲食技巧	19:00 – 22:00	A
06/02 (Fri)	Food Labeling 食物標籤	19:00 – 22:00	A
09/02 (Mon)	Recipe Development and Eat Out Skills 設計餐單及出外飲食技巧	19:00 – 22:00	A
27/02 (Fri)	PRACTICAL EXAMINATION 實習考試	19:00	A
06/03 (Fri)	THEORY EXAMINATION 理論考試	19:00 – 21:30	A

A - Room 1603, 16/F., Eastern Building, 1065 King' s Road, Quarry Bay, Hong Kong
(MTR Tai Koo station – Exit A2) or Room 1103A, 11/F
香港鰂魚涌英皇道1065號東達中心16樓1603室 (港鐵站: 太古站A2出口) 或 11樓1103A室