

NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 99
營養及體重控制證書課程 – 第99屆

NUT-0123-99

DATE	COURSE TITLE	TIME	VENUE
06/06 (Tue)	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	10:00 - 13:00	A
09/06 (Fri)	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	10:00 - 13:00	A
13/06 (Tue)	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	10:00 - 13:00	A
16/06 (Fri)	Nutrition Assessment 營養評估	10:00 - 13:00	A
20/06 (Tue)	Food Portions and Calorie Counting 食物份量及熱量計算	10:00 - 13:00	A
23/06 (Fri)	Principles of Weight Management 1 : Factors Leading to Obesity + Practice 體重控制 1 之造成肥胖的因素 + 練習	10:00 - 13:00	A
27/06 (Tue)	Principles of Weight Management 2 : Energy Needs & Adult Nutrition + Practice 體重控制 2 之熱量的需要及成人營養 + 練習	10:00 - 13:00	A
30/06 (Fri)	Principles of Weight Management 3 : Diet Myths Analysis & Behavioral Change + Practice 體重控制 3 之坊間減肥法及飲食行為改善法 + 練習	10:00 - 13:00	A
04/07 (Tue)	Principles of Weight Management 3 : Food Labeling + Practice 體重控制 3 之食物標籤 + 練習	10:00 - 13:00	A
07/07 (Fri)	Recipe Development 設計餐單	10:00 - 13:00	A
14/07 (Fri)	PRACTICAL EXAMINATION 實習考試	10:00	A
21/07 (Fri)	THEORY EXAMINATION 理論考試	10:30 – 13:00	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

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