

**NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 108**  
**營養及體重控制證書課程 – 第108屆**

**NUT-0324-108**

DATE	COURSE TITLE	TIME	VENUE
13/05 (Mon)	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
17/05 (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	19:00 - 22:00	A
20/05 (Mon)	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
27/05 (Mon)	Nutrition Assessment 營養評估	19:00 - 22:00	A
03/06 (Mon)	Food Portions and Calorie Counting 食物份量及熱量計算	19:00 - 22:00	A
14/06 (Fri)	Weight Loss Strategy 減肥策略	19:00 - 22:00	A
17/06 (Mon)	Factors Leading to Slow Weight Loss 導致減肥緩慢的因素	19:00 - 22:00	A
21/06 (Fri)	Practical Diet Skills to Boost Muscle Growth & Weight 實踐增肌增重的飲食技巧	19:00 - 22:00	A
24/06 (Mon)	Food Labeling 食物標籤	19:00 - 22:00	A
28/06 (Fri)	Recipe Development and Eat Out Skills 設計餐單及出外飲食技巧	19:00 - 22:00	A
05/07 (Fri)	<b>PRACTICAL EXAMINATION</b> 實習考試	19:00	A
12/07 (Fri)	<b>THEORY EXAMINATION</b> 19:00 – 21:30 理論考試	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