

NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 109
營養及體重控制證書課程 – 第109屆

NUT-0424-109

DATE	COURSE TITLE	TIME	VENUE
03/12 (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
06/12 (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
10/12 (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
13/12 (Fri)	Nutrition Assessment 營養評估	10:00 - 13:00	A
17/12 (Tue)	Food Portions and Calorie Counting 食物份量及熱量計算	10:00 - 13:00	A
20/12 (Fri)	Weight Loss Strategy 減肥策略	10:00 - 13:00	A
03/01/25 (Fri)	Factors Leading to Slow Weight Loss 導致減肥緩慢的因素	10:00 - 13:00	A
07/01 (Tue)	Practical Diet Skills to Boost Muscle Growth & Weight 實踐增肌增重的飲食技巧	10:00 - 13:00	A
10/01 (Fri)	Food Labeling 食物標籤	10:00 - 13:00	A
14/01 (Tue)	Recipe Development and Eat Out Skills 設計餐單及出外飲食技巧	10:00 - 13:00	A
21/01 (Tue)	PRACTICAL EXAMINATION 實習考試	10:00	A
24/01 (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
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