

**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
13/08 (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
16/08 (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
20/08 (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
23/08 (Fri)	Nutrition Assessment 營養評估	10:00 - 13:00	A
27/08 (Tue)	Food Portions and Calorie Counting 食物份量及熱量計算	10:00 - 13:00	A
30/08 (Fri)	Weight Loss Strategy 減肥策略	10:00 - 13:00	A
03/09 (Tue)	Factors Leading to Slow Weight Loss 導致減肥緩慢的因素	10:00 - 13:00	A
06/09 (Fri)	Practical Diet Skills to Boost Muscle Growth & Weight 實踐增肌增重的飲食技巧	10:00 - 13:00	A
10/09 (Tue)	Food Labeling 食物標籤	10:00 - 13:00	A
13/09 (Fri)	Recipe Development and Eat Out Skills 設計餐單及出外飲食技巧	10:00 - 13:00	A
20/09 (Fri)	<b>PRACTICAL EXAMINATION</b> 實習考試	10:00	A
27/09 (Fri)	<b>THEORY EXAMINATION</b> 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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