NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 118
營養及體重控制證書課程 – 第118屆

NUT-0127-118

DATE	COURSE TITLE	TIME	VENUE
11/01 (Mon)	Fundamental Concepts of Weight Management : Macronutrient, Vitamins, Minerals 基礎體重管理概念 : 食物基本營養, 維他命,礦物質	19:00 - 22:00	A
15/01 (Fri)	Nutrition Assessment 營養評估	19:00 - 22:00	A
18/01 (Mon)	Food Portions and Calorie Counting 食物份量及熱量計算	19:00 - 22:00	A
22/01 (Fri)	Weight Loss Strategy 減肥策略	19:00 - 22:00	A
25/01 (Mon)	Factors Leading to Slow Weight Loss 導致減肥緩慢的因素	19:00 - 22:00	A
29/01 (Fri)	Practical Diet Skills to Boost Muscle 實踐增肌增重的飲食技巧	19:00 - 22:00	A
01/02 (Mon)	Food Labeling, Recipe Development and Eat Out Skills 食物標籤, 設計餐單及出外飲食技巧	19:00 - 22:00	A
19/02 (Fri)	**PRACTICAL EXAMINATION 實習考試**	**19:00**	A
22/02 (Mon)	**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