

**NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 112**  
**營養及體重控制證書課程 – 第112屆**

**NUT-0225-112 v2**

DATE	COURSE TITLE	TIME	VENUE
10/03 (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
14/03 (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
17/03 (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
21/03 (Fri)	Food Portions and Calorie Counting 食物份量及熱量計算	19:00 – 22:00	A
28/03 (Fri)	<b>Nutrition Assessment</b> 營養評估	19:00 – 22:00	A
31/03 (Mon)	<b>Weight Loss Strategy</b> 減肥策略	19:00 – 22:00	A
07/04 (Mon)	<b>Factors Leading to Slow Weight Loss</b> 導致減肥緩慢的因素	19:00 – 22:00	A
11/04 (Fri)	<b>Practical Diet Skills to Boost Muscle Growth &amp; Weight</b> 實踐增肌增重的飲食技巧	19:00 – 22:00	A
14/04 (Mon)	<b>Food Labeling</b> 食物標籤	19:00 – 22:00	A
25/04 (Fri)	<b>Recipe Development and Eat Out Skills</b> 設計餐單及出外飲食技巧	19:00 – 22:00	A
02/05 (Fri)	<b>THEORY EXAMINATION</b> 理論考試	19:00 – 21:30	A
09/05 (Fri)	<b>PRACTICAL EXAMINATION</b> 實習考試	19:00	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