NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 120
營養及體重控制證書課程 – 第120屆

NUT-0227-120

DATE	COURSE TITLE	TIME	VENUE
16/02 (Tue)	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	10:00 - 13:00	A
19/02 (Fri)	Nutrition Assessment 營養評估	10:00 - 13:00	A
23/02 (Tue)	Food Portions and Calorie Counting 食物份量及熱量計算	10:00 - 13:00	A
26/02 (Fri)	Weight Loss Strategy 減肥策略	10:00 - 13:00	A
02/03 (Tue)	Factors Leading to Slow Weight Loss 導致減肥緩慢的因素	10:00 - 13:00	A
05/03 (Fri)	Practical Diet Skills to Boost Muscle 實踐增肌增重的飲食技巧	10:00 - 13:00	A
09/03 (Tue)	Food Labeling, Recipe Development and Eat Out Skills 食物標籤, 設計餐單及出外飲食技巧	10:00 - 13:00	A
16/03 (Tue)	**PRACTICAL EXAMINATION** **實習考試**	**10:00**	A
23/03 (Tue)	**THEORY EXAMINATION** **理論考試**	**11:00 – 13:30**	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