

## NUTRITION AND WEIGHT MANAGEMENT CERTIFICATION – Intake 114

### 營養及體重控制證書課程 – 第114屆

### NUT-0425-114

| DATE           | COURSE TITLE                                                                                                       | TIME          | VENUE |
|----------------|--------------------------------------------------------------------------------------------------------------------|---------------|-------|
| 13/10<br>(Mon) | Fundamental Concepts of Weight Management 1:<br>Macronutrient of Common Cooked and Fresh Foods<br>基礎體重管理概念1之食物基本營養 | 19:00 – 22:00 | A     |
| 20/10<br>(Mon) | Fundamental Concepts of Weight Management 2:<br>Micronutrient of Common Foods: Focus on Vitamins<br>基礎體重管理概念2之維他命  | 19:00 – 22:00 | A     |
| 24/10<br>(Fri) | Fundamental Concepts of Weight Management 2:<br>Micronutrient of Common Foods: Focus on Minerals<br>基礎體重管理概念2之礦物質  | 19:00 – 22:00 | A     |
| 27/10<br>(Mon) | Nutrition Assessment<br>營養評估                                                                                       | 19:00 – 22:00 | A     |
| 03/11<br>(Mon) | Food Portions and Calorie Counting<br>食物份量及熱量計算                                                                    | 19:00 – 22:00 | A     |
| 10/11<br>(Mon) | Weight Loss Strategy<br>減肥策略                                                                                       | 19:00 – 22:00 | A     |
| 17/11<br>(Mon) | Factors Leading to Slow Weight Loss<br>導致減肥緩慢的因素                                                                   | 19:00 – 22:00 | A     |
| 21/11<br>(Fri) | Practical Diet Skills to Boost Muscle<br>Growth & Weight<br>實踐增肌增重的飲食技巧                                            | 19:00 – 22:00 | A     |
| 24/11<br>(Mon) | Food Labeling<br>食物標籤                                                                                              | 19:00 – 22:00 | A     |
| 28/11<br>(Fri) | Recipe Development and Eat Out Skills<br>設計餐單及出外飲食技巧                                                               | 19:00 – 22:00 | A     |
| 05/12<br>(Fri) | <b>PRACTICAL EXAMINATION</b><br>實習考試                                                                               | 19:00         | A     |
| 12/12<br>(Fri) | <b>THEORY EXAMINATION</b><br>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  
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