



<b>Course Category</b>	Health			
<b>Course Title</b>	Pre-Service Vocational Training - Introduction to Nutrition			
<b>Course Code</b>	BH002			
<b>Medium of Instruction</b>	Cantonese			
<b>Duration</b>	12.0 hour(s)			
<b>Pre-requisites</b>	Current Form 4 to Form 6 students. A copy of valid student ID issued by DSEJ should be uploaded to our online application system for verification.			
	<b>Course Code</b>	<b>Sub Code</b>	<b>Course Start Date</b>	<b>Course End Date</b>
	BH002	1403	2014/07/17	2014/08/05
<b>Objective</b>	To understand the basic knowledge on nutrition and be able to apply it to our cooking techniques and everyday diet habits.			
<b>Outline</b>	<ul style="list-style-type: none"><li>• Basic food nutrients and their functions</li><li>• Concepts of balanced diet and its application to our eating habits</li><li>• How cooking methods affect our food nutrients</li><li>• How to use food labels in choosing good quality food</li></ul>			
<b>Teacher</b>	Ms. Vinita Chan			
<b>Remarks</b>	Students with less than 80% of attendance are NOT allowed to take the exam.			