



Course Category	Health		
Course Title	IPTFA Healthier Foods & Special Diets Instructor Certificate Course		
Course Code	BH034		
Medium of Instruction	Cantonese		
Duration	30.0 hour(s)		
Pre-requisites	Age 17 or above		
Course Fee	Macao Resident: MOP5,300 Non-Macao Resident: MOP5,300		
Certificate	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM and a certificate by IPTFA. The passing grade of the course is 70.		
	Course Code	Sub Code	Course Start Date
	BH034	2402	2024/07/06
	Course Code	Sub Code	Registration Period
	BH034	2402	2024/05/13 - 2024/06/21
			Course End Date
			2024/08/04
			Quota
			30
Objective	The course is designed for students to understand basic food and nutrition knowledge and healthy eating principles. Students will also learn about food labels and healthy cooking techniques. They will be able to design menus for different clients and acquire skills on how to promote healthy eating.		
Outline	1.Relationship between food nutrients, eating habits and health 2.Understanding nutrients and their functions 3.Nutritional requirements and guidelines 4.Dietary guidelines for different age groups 5.Taking care of people with special nutritional needs 6.Dietary management on disease prevention 7.Effects of food preparation on nutrient contents 8.Preserving nutrients during food handling and cooking processes 9.Analyzing food labels 10.Promotion skills on healthy eating 11.Designing menus for different clients 12.Healthy cooking techniques		
Teacher	Please refer to the schedule		