



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