



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	Course End Date
	BH034	2303	2023/10/08	2023/11/05
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			