



Course Category	Health			
Course Title	IPTFA Low-Carbon Diet Certificate Course			
Course Code	BH064			
Medium of Instruction	Cantonese			
Duration	24.0 hour(s)			
Course Fee	Macao Resident: MOP4,040 Non-Macao Resident: MOP4,040			
Certificate	Students who have passed the examination and met the attendance requirement will be issued a course certificate by UTM and a certificate by International Personal Trainers and Fitness Academy (IPTFA). The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH064	2402	2024/07/03	2024/07/31
	Course Code	Sub Code	Registration Period	Quota
	BH064	2402	2024/05/13 - 2024/06/07	20
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none"><li>• analyse how food choices can have an impact on the environment</li><li>• discuss the benefits of low-carbon diet to human health and the environment</li><li>• identify the latest trends in healthy eating and integrate them into their diet plan</li></ul>			
Outline	<ul style="list-style-type: none"><li>• Concepts on basic nutrition</li><li>• Global warming</li><li>• Principles on low-carbon diet</li><li>• Low-carbon cooking methods</li><li>• Low-carbon diet and health</li><li>• Organic diet</li><li>• Vegetarian diet</li><li>• Seasonal ingredients</li></ul>			
Teacher	Please refer to the schedule			