

**Code** : HT312527  
**Venue** : International Culinary Institute  
 143 Pokfulam Road, Pokfulam,  
 Hong Kong  
**Date** : 18 August 2022 (Thursday)  
**Time** : 10:00am - 1:00pm & 2:00pm - 4:00pm  
**Enquiries /** : 2538 2200  
**Enrollment** : [ici@vtc.edu.hk](mailto:ici@vtc.edu.hk)  
**Language** : English supplemented with Cantonese  
**Age** : Aged 12 – 16  
**Remarks** : 1) All tuition fees are non-refundable  
 nor transferable.  
 2) Certificate of Attendance will be  
 issued upon completion.  
 3) Programme contents and schedules  
 are subject to change without prior  
 notice.

**Fee : HKD\$600**

**Have Fun  
with us!**

Food is a defining aspect of our culture and identity. However, what we perceive as healthy may not necessarily be true. In the modern world, it is important to maintain a balanced diet and understand food labels in order to create a balanced diet. The latest technology will allow students to differentiate different aspects of our diet and help them become conscious food consumers.

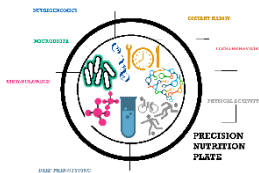
**Programme Features:**

Introduction to nutrition and the balance of diet:

- Understand key elements of human nutrition
- Identify key nutrients found in food and how much energy it provides
- Functions of key nutrients in the body
- Identify the foods in which key nutrients are found
- Food and body metabolism and immune system

**Hands-on Experiments:**

- Eat Smart
- Nutrition Decoding
- Grow Fast. What does metabolic mean to you?



Nutrition Facts	
16 servings per container	
Serving size 1 Tbsp. (21g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
<b>Total Fat</b> 0g 0%	
<b>Sodium</b> 0mg 0%	
<b>Total Carbohydrate</b> 17g 6%	
<b>Protein</b> 0g 0%	

