

STEM Programme

Nutrition Science (Class B)

Code : HT310527
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
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.

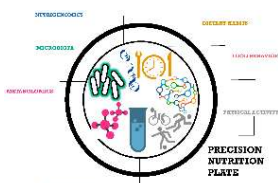
Programme Features:

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)	
Calories 60	
Amount per serving	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	34%
Protein 0g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Phosphorus 0mg	0%

