

STEM Programme

Nutrition Science (Class B)

Code : HT310527

Venue : International Culinary Institute
143 Pokfulam Road, Pokfulam, Hong Kong

Date : 15 August 2024 (Thursday)

Time : 10:00am – 1:00pm & 2:00pm – 4:00pm

Enquiries / Enrollment: 2538 2200
ici@vtc.edu.hk

Language: English supplemented with Cantonese

Age : Aged 12-16

Fee : HK\$640

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.

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.

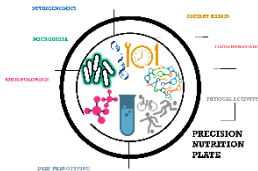
Programme Features:

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	
Calories	60
Total Fat 0g 0%	
Sodium 0mg 0%	
Total Carbohydrate 17g 6%	
Total Sugar 17g 34%	
Protein 0g 0%	
Vitamin D 0mcg 0%	
Calcium 0mg 0%	
Iron 0mg 0%	
Potassium 0mg 0%	

