

# 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](mailto:ici@vtc.edu.hk)

Language: English supplemented with Cantonese

Age : Aged 12-16

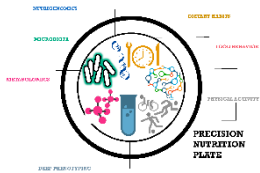
Fee : HK\$640

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	
<b>Calories</b>	<b>60</b>
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%
<b>Protein 0g</b>	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

