

**City of Sunderland College  
& Portman College**

**Two intakes a year June & October**  
**ORIENTATION: 1<sup>st</sup> Sunday of June and last Sunday of October**  
**Time: 10AM – 12PM**  
**Where: Adventist Community Health Centre**  
**1-G Jalan 4/93 Taman Miharja, Cheras Kuala Lumpur**  
**Phone: 03-92834414/03-79847795**

**Course Title:**

**Nutrition & Health Certificate**

**Aim:**

To understand the principles of healthy eating and the role of food in maintaining health

**Objectives of this course:**

1. To help individuals develop an understanding on the principles of healthy eating.
2. To understand an individual's dietary requirements.
3. To help individuals develop their confidence in planning and achieving a healthy diet
4. To understand the concept of nutritional information & food labeling and develop the ability to use this information during food selection.

**Duration of the Course:**

\*60 hours theory

\*30 hours Practical

60 hours theory = 1 hour/day X 5 days for 3 months

30 hours practical = 5 contact hours; 6 X over a period of 3 months

*\*Each student will be given a course book and reference reading book. They will do the correspondence with the Tutors via email.*

*\*There will be 2 Practical Sessions to be conducted at the ACC premise, 9AM-5PM, Sunday. The last assessment will be done at the end of 3 months at the ACC premise.*

**COURSE CONTENT:**

**UNIT 1: Principles of Healthy Eating**

Theory: 10 hours

- Nutrition
- Macro Nutrients

- Micro Nutrients
- The Food Pyramid

## **UNIT 2: Understanding Dietary Requirements**

Theory: 15 hours

Practical: 5 hours

- Calorie
- Metabolism
- BMI
- Physical Activity
- Overweight
- Underweight
- Obesity
- Dietary Requirements for Infant, Toddler, Children & Teens

## **UNIT 3: Planning a Healthy Diet**

Theory: 15 hours

Practical: 15 hours

- The food exchange list
- Serving Sizes of Different Food Group
- Calculation of Recommended Dietary Allowance (RDA) for Adults
- Menu Planning

## **UNIT 4: Nutritional Information & Food Labeling**

Theory: 10 hours

Practical: 10 hours

- Principles of Nutritional Information & food labeling
- Understanding & interpretation of Nutritional info & Food labels

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“...because your wellness is our priority!”

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