

**City of Sunderland College
& Portman College**

ORIENTATION: 13th September 2009, 9AM – 12:00 PM

Where: Adventist Community Health Centre

1-G Jalan 4/93 Taman Miharja, Cheras Kuala Lumpur

Phone: 03-92834414

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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Website: www.8-treasures.com

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