HKUSPACE
香港大學專業進修學院
HKU School of Professional and Continuing Education

COLLEGE OF LIFE SCIENCES AND TECHNOLOGY

Dietetics, Food and Nutrition

Health / Nutrition
健康 / 營養學
Foundation Certificate, Executive Certificate & Short Courses
基礎證書，行政人員證書及短期課程

2019 Autumn

Programme Coordinators:
Dr. K.C. Tan-Un, Associate Head, Principal Programme Director
Dr. W. Ma, Senior Programme Director
Dr. H. Ngai, Programme Director
Dr. G. So, Programme Manager
Dr. V. Wong, Programme Manager

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HKUDFNS

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Foundation Certificate in Nutrition (Weight Management)
營養學(體重控制)基礎證書

Course code: HS006A Application code: 1745-HS006A

This programme is designed to enable those who have an interest in nutrition to gain up-to-date knowledge and develop skills to achieve a healthy weight. This programme is also suitable for both nurses and allied health workers working with overweight or underweight patients and for employees of fitness, health and beauty centres where clients wish to achieve ideal body weight.

Programme outline

Module 1: Basic Nutrition
- -Basic nutrition principles
- -Balanced diet
- -Nutrition and food labeling

Module 2: Understanding Weight Problems
- - Definition of healthy weight
- - Causes of over and underweight
- - Medical problems associated with over and underweight
- - Assessment of obesity

Module 3: Weight Management Strategies
- - Diet for weight management
- - Nutrition and weight control for children, adolescents
- - Weight reduction and hyperlipidemia, diabetes
- - Diet for the underweight and eating disorders
- - Surgical treatments of obesity
- - Drug therapies of obesity and overweight
- - Weight loss health food products
- - Behavioral modifications in weight management
- - Role of exercise and physical activity in weight management

Admission Requirements

Applicants shall have:

1. (a) gained in the HKCEE Grade E in four subjects or equivalent qualifications and Level 2 in English Language*; OR
   (b) gained in the HKDSE Examination Level 2 in five subjects including English Language;
   OR
2. reached the age of 21 or above with working experience.
   *With effect from 2007, HKU SPACE recognises Grade E previously awarded for Chinese Language and English Language (Syllabus B) (Grade C in the case of English Language (Syllabus A)) at HKCEE as an acceptable alternative to Level 2 in these two subjects at HKCEE.

Medium of Instruction	Cantonese (supplemented with English). Teaching materials and assessments will be in English.
Award	A HKU SPACE Foundation Certificate in Nutrition (Weight Management) will be awarded to successful candidates.
Time and Venue	Wednesday 6:45 – 9:45pm, and some Saturday afternoon 2:30 – 5:30pm. HKU SPACE Learning Centre (usually Causeway Bay, Fortress Tower, North Point)

Course Fee

Application fee：	HK$150 (Non-refundable)
Course fee：	HK$7,900

Important Dates

Date of Commencement	4 Sept 2019
Deadline for Application	6 August 2019

Foundation Certificate in Nutrition and Dietary Management for Older Adults
長者營養及膳食管理基礎證書

課程編號: HS144A　　報名代碼: 1750-HS144A

本課程旨在教導學員認識基本營養學飲食原則、了解長者的生理變化及營養需要、及透過健康的膳食來預防疾病。本課程尤其適合需要照顧長者的人士，例如安老院和日間護理中心的職工、護士和其他專職醫療人員。本課程也歡迎任何對長者營養及膳食管理有興趣的人士報讀。

課程大綱

第一節: 基礎營養學
- 說明基礎營養素及基本飲食原則
- 計算個人熱量及營養素攝取需求
- 辨識及闡釋食品及營養標籤

第二節: 長者的膳食與營養
- 辨識隨著年齡增長的生理變化和營養需求
- 列舉長者常見的飲食問題及提議處理的方法
- 論述如何透過膳食管理來預防長者常見疾病

第三節: 長者營養學的應用
- 辨識食物安全的基本原則
- 根據食物安全的守則為長者準備膳食
- 為長者設計簡單的餐單

入學資格

申請者須:

甲. (i) 完成香港中學會考課程；或
(ii) 完成香港高中課程；或
(iii) 具同等學歷

或

乙. 年滿 21 歲並具一年工作經驗。

教學語言	以粵語為主。所有教材，考試及功課均以中文教授。
證書頒發	學員順利完成課程並符合下列條件，可獲香港大學專業進修學院頒發的長者營養及膳食管理基礎證書： 1) 出席率達八成或以上 及 2) 考試成績合格 及 3) 完成所有習作
日期及時間 / 上課地點	逢星期三下午 6:45 – 9:45 及 間中星期六下午 (約 5 個月) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

報名費：	港幣$150 (概不退還)
學費：	港幣$7,000 港幣$5,600 – 年長學員優惠

*(60 歲以上年長學員; 報名時需提供身份證副本)

重要日子

開課日期	2019 年 10 月 9 日
截止報名日期	2019 年 9 月 11 日

Foundation Certificate in Applied Nutrition and Nutritional Supplements
應用營養學及營養補充劑基礎證書

課程編號: HS008A　　報名代碼: 1755-HS008A

隨著大眾日益關注飲食對健康和疾病的影響，現代膳食要求已不單顧及營養需求，更注重其他功效，如預防疾病及提升健康狀況等。因此，健康食品和營養補充品的需求越來越大。本課程旨在教導學員認識基本營養學飲食原則、介紹各種常見疾病、體重管理的營養需求，並涵蓋流行營養補充劑的應用，以提升學員的基礎營養學知識。

課程大綱

第一節: 基礎營養學及營養需求
- 說明基礎營養素及基本飲食原則
- 計算個人熱量及營養素攝取需求
- 辨識及闡釋食品標籤
- 評估個人及不同年齡人士的營養需求

第二節: 營養與常見疾病及體重管理
- 辨識常見疾病的營養需求
- 指出相關飲食控制方法
- 分析過重或過輕之成因及其可導致之健康問題
- 列舉基本體重管理的飲食及醫學治療

第三節: 流行營養補充劑及健康
- 指出運動及健康之關係
- 分析提升健康及運動水平的營養需求
- 列舉常見營養補充劑及其用處
- 闡述營養補充劑與均衡飲食的關係
- 討論一般營養補充劑的安全規定及其潛在風險

入學資格

申請者須:

甲. (i) 完成香港中學會考課程；或
(ii) 完成香港中學文憑試課程；或
(iii) 具同等學歷

或

乙. 年滿 21 歲並具一年工作經驗。

教學語言	以粵語為主。所有教材，考試及功課均以中文教授。
證書頒發	學員順利完成課程並符合下列條件，可獲香港大學專業進修學院頒發的應用營養學及營養補充劑基礎證書： 1) 出席率達八成或以上 及 2) 考試成績合格 及 3) 完成所有習作
日期及時間 / 上課地點	逢星期三下午 6:45 – 9:45 及 間中星期六下午 (約 20 星期) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

報名費：	港幣$150 (概不退還)
學費：	港幣$8,600 港幣$6,880 – 年長學員優惠*

*(60 歲以上年長學員; 報名時需提供身份證副本)

重要日子

開課日期	2019 年 11 月 20 日
截止報名日期	2019 年 10 月 16 日

Foundation Certificate in Sports and Exercise Nutrition
體育及運動營養學基礎證書

課程編號: HS153A　　報名代碼: 1740-HS153A

本課程定位於入門級別，旨在教導學員認識基本營養學的飲食原則、了解恆常運動人士及運動員的營養需求、介紹各種實用的運動飲食策略和運動營養補充劑的應用，使學員能為恆常運動人士及運動員提供簡單的營養建議，並明白有需要時須轉介運動專科營養師跟進。

課程大綱

第一節: 基礎運動營養學

基本營養原理：營養素於能量代謝和運動方面的角色
碳水化合物：運動的燃料
運動中的糖代謝及糖原儲備
運動中胺基酸的代謝和運動對蛋白質代謝的影響
胺基酸於疲勞和免疫抑制的角色
脂肪於運動表現的角色
高脂膳食的適應
水分，電解質和體液平衡
運動必需的微量營養素

第二節: 實用運動營養學

恆常運動人士和運動員的身體成分和運動員基本營養狀況評估
健康體重管理方式
過度訓練後和改善睡眠的營養
運動創傷和康復期間的營養考慮
常見慢性疾病之運動營養策略
營養補充劑的使用和安全考慮（運動食品和體能加強劑）
運動營養實踐：運動員賽期的飲食
特殊族群的運動營養需求及膳食計畫
女性運動員的特殊營養考慮
年輕運動員的特殊營養考慮
素食和老年運動員的特殊營養考慮
飲食失調運動員的特殊營養考慮
外出比賽的特殊營養考慮
運動營養師的角色

入學資格

申請者須:

甲. (i) 完成香港中學會考課程；或
(ii) 完成香港中學文憑試課程；或
(iii) 具同等學歷
或
乙. 年滿 21 歲並具一年工作經驗。

教學語言	以粵語為主。所有教材，考試及功課均以中文教授。
證書頒發	學員順利完成課程並符合下列條件，可獲香港大學專業進修學院頒發的體育及運動營養學基礎證書： 1) 出席率達八成或以上 及 2) 考試成績合格 及 3) 完成所有習作
日期及時間 / 上課地點	逢星期二及四下午 6:45 – 9:45 及 間中星期六下午 (約 12 星期) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

報名費：	港幣$150 (概不退還)
學費：	港幣$7,950

重要日子

開課日期	2019 年 8 月 6 日
截止報名日期	2019 年 6 月 6 日

Executive Certificate in Foundational Nutrigenomics and Personalised Nutrition
行政人員證書(初級營養基因學及個性化飲食)

Course code: EP121A Application code: 1780-EP121A

Individuals with different genetic make-up can respond differently towards the same food. Nutrigenomics is the science to understand how nutrients interact with human genes, with the ultimate goal of providing personalised nutrition advice according to one's own genes.

This course aims to equip students with the knowledge of genetics and the cutting-edge technologies applied in nutrigenomics that are useful for interpretation of the test results in relation to personalised nutrition.

Hong Kong Dietitians Association (HKDA) and Hong Kong Nutrition Association (HKNA) members will be awarded CDE and CE points respectively upon completion of the course.

Programme outline

- Introduction to Nutrigenomics; Molecular Nutrition
- Genetic variation in
  - Weight Management
  - Nutrient metabolism
  - Eating Habits
  - Cardiometabolic Health
  - Food Intolerances
  - Fitness and Physical Activity
- Interpretation of personalised nutrition; Ethics of genetic tests

Admission Requirements

Applicants shall have:

1. A bachelor's degree in Biology, Nutrition and related areas* awarded by a recognised university; **OR**
2. An Associate Degree/ a Higher Diploma in Biology, Nutrition and related areas* or equivalent, and have at least 2 years of work experience.

All applicants are required to provide evidence of English proficiency, such as

1. HKCEE English Language (Syllabus B) at Grade E or English Language (Syllabus A) at Grade C or English Language (in or after 2007) at Level 2; or
2. HKDSE Examination English Language at Level 2; or
3. Equivalent qualifications

Remarks: *Degree/Associate Degree/Higher Diploma in other disciplines will be considered on an individual basis.

Medium of Instruction	English
Award	- A HKU SPACE Executive Certificate in Foundational Nutrigenomics and Personalised Nutrition will be awarded to successful candidates. - By attending the course, Hong Kong Dietitians Association (HKDA) members will be awarded 7 core and 3 non-core CDE points. - By attending the course, Hong Kong Nutrition Association (HKNA) members will be awarded 10 CE points.
Time and Venue	Wednesday 7:00 – 10:00pm, and some Saturday afternoon. HKU SPACE Learning Centre (usually Causeway Bay, Fortress Tower, Admiralty)

Course Fee

Application fee：	HK$150 (Non-refundable)
Course fee：	HK$5,880

Important Dates

Date of Commencement	April 2020
Deadline for Application	Mar 2020

Pre-natal Nutrition
產前飲食及營養

課程編號: DFNS9001

報名代碼: 1735-1086NW (第一班)
1765-1226NW (第二班)

婦女在懷孕初期便應加倍注意日常飲食及營養攝取，確保胎兒得到適當營養，能健康地生長發育。同時，孕婦應適當地控制體重，預防嬰兒出現過重/過輕，甚至患病或夭折的情況。本課程會詳盡講解懷孕婦女在不同階段的營養需求，針對孕婦常見飲食問題，提出適當的飲食建議及指引。本課程適合懷孕婦女及其親屬或任何有興趣人士參加，無需特別學歷要求。

課程大綱 懷孕期正確飲食及營養需知；懷孕期的體重控制；懷孕期常見不適及舒緩方法；孕婦期間的飲食禁忌；正確使用孕婦營養產品。

教學語言	以粵語為主
講師	註冊營養師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期二晚上 7:00-9:00 (共 3 講) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$700

重要日子	第一班	第二班
開課日期	2019 年 7 月 2 日	2020 年 1 月 7 日
截止報名日期	2019 年 6 月 18 日	2019 年 12 月 17 日

Food and Nutrition for Infants and Young Children
嬰兒及幼兒營養飲食

課程編號: DFNS9002

報名代碼: 1750-1016NW (第一班)
1780-1071NW (第二班)

60+

充足營養及均衡飲食對初生嬰兒已很重要。本課程將討論初生嬰兒至幼兒的不同營養需求及相關建議。適合初生嬰兒至 6 歲兒童之家長及其親屬、監護人、兒童教育工作者或任何有興趣人士參加，無需特別學歷要求。

課程大綱
1. 嬰兒及幼兒之營養需求及評估指引
2. 餵哺嬰兒 – 母乳餵哺、奶粉餵哺及引進固體食物
3. 幼兒之食物選擇
4. 常見營養問題，如: 過胖、便秘、過輕、貧血等

教學語言	以粵語為主
講師	註冊營養師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期二下午 7:00-9:00 (共 3 講) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$800 港幣$640 - 年長學員優惠

*(60 歲以上年長學員; 報名時需提供身份證副本)

重要日子	第一班	第二班
開課日期	2019 年 10 月 8 日	2020 年 4 月 7 日
截止報名日期	2019 年 9 月 17 日	2019 年 3 月 17 日

Nutrition in Exercise and Sport
體育及運動營養學入門

課程編號: DFNS9005

報名代碼: 1745-1109NW (第一班)
1775-1048NW (第二班)

適當營養可提升做運動時的表現。本課程旨在讓學員對運動的營養需求有進一步認識及了解傷患的防治。特別適合運動愛好者、在職或業餘體育及運動人士就讀，包括體育教師、運動教練、體適能教練、運動員、運動愛好者等。

課程大綱 營養與運動的關係；補充水份的重要性；特殊族群運動(素食、女性運動員、兒童、老人)與營養；營養補充劑的應用；運動創傷的預防及處理方法。

教學語言	以粵語為主
講師	註冊營養師及物理治療師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期二晚上 7:00-9:00 / 7:00-8:30 (共 5 講，9 課時 - 其中 3 節為 2 小時，2 節為 1.5 小時) / 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$1, 800

重要日子	第一班	第二班
開課日期	2019 年 9 月 3 日	2020 年 3 月 3 日
截止報名日期	2019 年 8 月 20 日	2020 年 2 月 11 日

Nutrition in Exercise and Sport II
體育及運動營養學進階

課程編號: DFNS9034

報名代碼: 1750-1020NW (第一班)
1780-1075NW (第二班)

此課程是「體育及運動營養學入門」短期課程的延續，讓學員更進一步了解運動營養學。本課程旨在教授學員透過正確的運動營養知識加快學員運動後的恢復、認識特殊族群運動營養的需要及特別環境下運動的額外營養需求。

課程大綱 運動後恢復營養；運動康復期間的營養需求；體重管理與營養；運動、免疫與營養；特殊環境(高原地區、極端天氣)及出外訓練的營養須知；運動營養補充劑進階。

教學語言	以粵語為主
講師	註冊營養師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期二下午 7:00-9:00 (共 6 講) 香港大學專業進修學院教學中心 (銅鑼灣 / 炮台山 / 北角)

費用

學費：	港幣$1,800

重要日子

重要日子	第一班	第二班
開課日期	2019 年 10 月 15 日	2020 年 4 月 28 日
截止報名日期	2019 年 9 月 4 日	2019 年 4 月 7 日

Popular Dietary Supplements and Health
流行食品補充劑及健康

課程編號: DFNS9006

報名代碼: 1745-1112NW (第一班)
1775-1051NW (第二班)

60+

隨著大眾對飲食與健康日益關注，健康食品和營養補充劑的需求愈來愈大。本課程旨在探討香港市面常見的食物補充劑的成份和功用。本課程適合食品行業市場人士(例如推廣員及銷售員)、及任何對營養及食品補充劑有興趣人士報讀。

課程大綱 基本營養學。基本營養需求；維生素及礦物質補充劑；食品補充劑，如：營養奶粉、代餐等；減肥食品補充劑；改善運動表現之補充劑；草本健康補充劑(包括中醫藥簡介)。

教學語言	以粵語為主
講師	註冊營養師及註冊中醫師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期四晚上 7:00-9:00 / 7:00-8:30 (共 5 講，9 課時 - 其中 3 節為 2 小時，2 節為 1.5 小時) / 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$1,800 港幣$1,440 - 年長學員優惠

*(60 歲以上年長學員; 報名時需提供身份證副本)

重要日子	第一班	第二班
開課日期	2019 年 9 月 5 日	2020 年 3 月 5 日
截止報名日期	2019 年 8 月 15 日	2020 年 2 月 13 日

Food Labeling and Regulations
食品標籤及條例

課程編號: DFNS9008

報名代碼: 1740-1048NW (第一班)
1770-1233NW (第二班)

在香港出售的預先包裝食物均受香港法例管制，要加上適當的食品及營養標籤。食品製造商、生產商及入口商均需要認識最新法例，以確保食品符合準則。另一方面，市民大眾亦可透過正確解讀營養標籤，揀選適合自己的食物種類和分量。本課程旨在教導學員計算及正確解讀營養標籤的方法，以及介紹最新的法例。本課程適合食品製造商、生產商及入口商及任何對食品及營養標籤有興趣之人士報讀。

課程大綱

- 基本營養概念
- 營養素參考值
- 解讀食品標籤
- 營養標籤法 (食物材料標籤、營養標籤、營養聲稱、食品標籤上的表達方法及法定要求)
- 簡短測驗 (選擇題)

教學語言	以粵語為主
講師	註冊營養師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之結業證明書。
日期及時間 / 上課地點	逢星期四晚上 7:00-9:00 (共 8 講) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$2, 400

重要日子	第一班	第二班
開課日期	2019 年 8 月 22 日	2020 年 2 月 20 日
截止報名日期	2019 年 8 月 8 日	2020 年 1 月 30 日

Food, Nutrition and Lifestyle for Anti-Aging
抗衰老營養飲食與健康生活
課程編號: DFNS9032

近年「抗衰老」愈趨流行，已不是女士的專利。要對抗「衰老」，健康飲食是不二法門，透過飲食吸收足夠的營養素及抗氧化物，以抵抗自由基的對人體細胞的氧化攻擊。加上良好健康生活如定期運動及冥想沉思，對健康產生十分有益的影響。本課程適合任何對抗衰老營養飲食與健康生活有興趣人士。

課程大綱

1. 營養與衰老的基本原則
2. 抗氧化劑在抗衰老中的作用：抗氧化劑的功能，其類型和來源
3. 抗衰老的均衡飲食和營養素攝入量
4. 營養標籤和超級食物：尋找健康的抗衰老食品
5. 抗衰老的健康生活方式
6. 冥想沉思抗衰老

教學語言	以粵語為主
證書頒發	學員修畢課程，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期三及五，下午 7:00-9:00 (共 5 講) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$1,440

重要日子

開課日期	待定
截止報名日期	待定

The Science of Food and Cooking
廚藝科學入門
課程編號: DFNS9033

報名代碼: 1750-1023NW (第一班)
1780-1078NW (第二班)

每一樣食材在處理和烹調期間都有獨特的物理和化學變化，掌握烹調背後的科學變化和原理，就可以探索如何製作出色香味俱全又營養豐富的食物。本課程旨在使學員了解食物烹調時的科學變化，增進廚藝，享受烹調的樂趣。

課程大綱

- 食物成份和營養素
- 味道和風味的科學
- 料理魚和肉類的科學
- 料理蔬果和穀物的科學
- 醬料的科學

教學語言	以粵語為主
證書頒發	學員修畢課程，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	逢星期三下午 7:00-9:00 (共 5 講) 香港大學專業進修學院教學中心 (銅鑼灣/炮台山/北角)

費用

學費：	港幣$1,900

重要日子

重要日子	第一班	第二班
開課日期	2019 年 10 月 2 日	2020 年 4 月 1 日
截止報名日期	2019 年 9 月 12 日	2020 年 3 月 11 日

Edible Dirt Food Art – Chocolate Soil Dessert Workshop
分子盆栽甜品工作坊
課程編號: DFNS9030

分子料理是近年烹飪的新潮流。課程中學員將透過理解食物的物理或化學變化，實習分子料理的基本技巧。此工作坊重點教授學員運用分子料理製作朱古力泥，並將之塑造成盆栽型甜品。

教學語言	以粵語為主
證書頒發	學員修畢課程，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	星期六下午 2:30-5:30 港大保良社區書院之食物及營養學實驗室(銅鑼灣)

費用

學費：	港幣$600 (包括材料)

重要日子

開課日期	待定
截止報名日期	待定

Basic Molecular Gastronomy Workshop
分子料理體驗工作坊
課程編號: DFNS9031

本課程旨在介紹食物的構造及烹飪的科學原理，以及其應用於分子料理之中。工作坊讓學員嘗試把食材的味道、口感、質地、外觀完全分解，並重新「組合」成一道新的菜色，並研究如何把分子料理應用於日常烹調之中。

課程大綱

本課程將透過烹飪實習以體驗分子料理的製作過程。包括製作:

- 煎蛋甜品
- 非魚類的魚子醬
- 果汁麵條

教學語言	以粵語為主
證書頒發	學員修畢課程，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	星期六下午 2:30-5:30 (此工作坊共 3 小時以實習形式進行) 港大保良社區書院之食物及營養學實驗室(銅鑼灣)

費用

學費：	港幣$600 (包括材料)

重要日子

開課日期	待定
截止報名日期	待定

Healthy Cooking Workshop
健康烹調工作坊
課程編號: DFNS9014

現代人生活繁忙，導致不良飲食習慣及往往忽略了自身健康。此課程旨在教導都市人基本營養學原則及了解健康飲食，並示範如何透過簡單的烹調方法，製作出美味而健康的菜色。課程包括四個烹調工作坊，導師會示範相關健康烹飪技巧。而學員亦會於每一節課跟隨導師實踐健康煮食。學員透過工作坊內的訓練，除可掌握基本烹調技巧及預備特色菜餚的配製，更能認識到營養學、食物安全以及兒童及長者營養需要的原則。這樣，學員便可將之實踐於日常生活當中，設計及執行個人以至家庭的健康餐單，以提高飲食質素及健康狀況。本課程適合在職人士、家庭主婦、家長、長者或任何有興趣於健康烹飪的人士參加。參加無須擁有煮食經驗。

課程大綱

工作坊一 基本家居飲食健康及儉樸煮食
工作坊二 何謂營養均衡及家居食物安全要點
工作坊三 兒童及長者飲食注意及營養需要
工作坊四 特別節日飲食及特色菜

教學語言	以粵語為主
講師	註冊營養師
證書頒發	出席率達 80%或以上學員，可獲頒發本學院之修讀證明書。
日期及時間 / 上課地點	晚上 7:00-9:00 (共 4 講) 港大保良社區書院之食物及營養學實驗室

費用

學費：	港幣$1,800 (包括三節工作坊的食物材料)

重要日子

開課日期	待定
截止報名日期	待定

Understanding Food and Nutrition I
食物與營養 I

課程編號: DFNS9018

報名代碼: 1750-2940NW (第一班)
1760-1129NW (第二班)

This course is designed for people who have an interest in food, nutrition and health. It will provide them with a better understanding of a balanced diet and its importance for health and disease prevention. Candidates with an interest in food, nutrition and health are welcome to join this course.

Programme objectives

On completion of the programme, students will be able to:

1. gain an understanding of the impact of nutrition on health;
2. identify basic nutrients, their roles, and functions;
3. understand the nutrient requirements of different age groups;
4. understand the principles of a balanced diet and its relation to health and prevention of common diseases;
5. identify some common myths about foods and its relation to our health.

Understanding Food and Nutrition II
食物與營養 II

課程編號: SC400A

報名代碼: 1740-SC400A (第一班)
1770-SC400A (第二班)

This is an extension programme of the HKU SPACE Understanding Food and Nutrition course. The course is designed for students who wish to broaden their knowledge on food and nutrition.

Programme Objectives

On completion of the programme, student will be able to:

1. understand the various forms of fats and sugars and their role in health
2. describe the key nutrients essential for bone health
3. identify the nutrients that may be limiting in a vegetarian diet
4. describe the basic issues of food safety
5. explain the functions of soy, antioxidants, prebiotics and probiotics

Admission requirement - Successful completion of HKU SPACE Understanding Food and Nutrition I.

Medium of Instruction	Cantonese (supplemented with English). Teaching materials will be in English.
Award	**Level I:** A HKU SPACE Statement of Attendance will be awarded to students who have a minimum of 80% attendance rate. **Level II:** A HKU SPACE Statement of Achievement will be awarded to students who pass in the written test and meet a minimum attendance rate of 80%.
Time and Venue	**Level I:** Thursdays - 7:00 – 9:00 pm. / Saturdays – 10:00am – 12:00pm **Level II:** Thursdays - 7:00 – 9:00 pm. Total of 16 lecture hours (Each Level). For Level II, there will be an one hour written test. HKU SPACE Learning Centre (usually Causeway Bay, Fortress Tower, North Point)

Course Fee

	Level I	Level II
Course fee：	HK$2,500 HK$2,000 – Third Age Discount*	HK$2,600

*(for anyone aged 60 and above should provide the HKID card copy)

Important Dates

	Level I (Class ONE, every Sat)	Level I (Class TWO, every Thurs)
Date of Commencement	12 October 2019	5 December 2019
Deadline for Application	9 September 2019	14 November 2019

	Level II (Class ONE)	Level II (Class TWO)
Date of Commencement	15 August 2019	20 February 2020
Deadline for Application	1 August 2019	30 January 2020

Nutrition Practical Experience
營養實務體驗
課程編號: SC401A

Nowadays people are more health-conscious and aware of what they eat. This has created an increased need for professional nutrition services. The delivery of nutrition services is now extending from the hospital settings to the community; covering not only sick people but also healthy children, youth, women, men and their families.

Practical experience in nutrition care setting is a key component in the training of nutrition professionals. However, traditionally, graduates of degree programmes in food and nutrition often lack the practical experience in nutrition services. This short course is specially designed to provide supplemental practical exposure and experience in nutrition practice for those nutritionists who wish to develop a career in clinical and community nutrition or further their study in dietetics.

In this course, practical experience in hospital meal service, clinical nutrition and community nutrition support will be included. Theory lessons and practical experience will be take place at Chenghua Christian Hospital, Taiwan, for 5 full days. An experienced course coordinator and qualified dietitians at Chenghua Christian Hospital will be involved in teaching and tutoring in Taiwan.

After completion of the course, students are expected to have gained an understanding of nutrition services and expanded their own knowledge in basic skills.

Course Structure
The course comprises three modules, namely Catering Service Management, Medical Nutrition Therapy and Community Nutrition. In each module, practical experience and site visits will be offered.

Learning Outcomes
On completion of the course, students should be able to:
1. outline the various services provided by a nutrition organization
2. define the duty of a nutritionist in different settings, for example hospital catering service, clinical nutrition and community nutrition
3. discuss the effectiveness and outcome of nutrition services and education

Target Student Group
Nutritionists who wish to develop a career in clinical and community nutrition or further their study in dietetics.

Minimum Entry Requirements
Applicants shall:
(a) hold (i) a bachelor's degree in food and nutrition or equivalent awarded by a recognised university; or
(ii) a post-secondary diploma in food and nutrition or equivalent from a recognised institution and have five years of work experience. **AND**
(b) provide evidence of English proficiency (if the degree or equivalent qualification is from an institution where the language of teaching and assessment is not English) such as HKCEE English Language at Level 2*, or equivalent. **AND**
(c) be able to speak Putonghua and read Chinese effectively. In each case the candidate shall satisfy the Admissions Committee that he/she is unlikely to be disadvantaged in his/her studies by language.

**With effect from 2007, HKU SPACE recognises Grade E previously awarded for English Language (Syllabus B) (Grade C in the case of Syllabus A) at HKCEE as an acceptable alternative to Level 2.*

Applicants may be required to attend a short interview. Applicants with other qualifications and substantial work experience will be considered on individual merits.

Course coordinator
Clara Ming Pi, MSC. RD. FCSI
HKU SPACE Adjunct Associate Professor
World Wide Board Director, Foodservice Consultants Society International (FCSI)
Chair, FCSI Asia Pacific Division

Teachers
1. Clara Ming Pi, MSC. RD. FCSI, HKU SPACE Adjunct Associate Professor
2. Dietitians at Chenghua Christian Hospital, Taiwan

Medium of Instruction	English and Putonghua.
Award	Students who complete the course with 80% attendance and successfully completed the coursework will be awarded a Statement of Achievement by HKU SPACE.
Time and Venue	Chenghua Christian Hospital, Taiwan

Course Fee

Course fee：	HK$5,900 per person (Including 6 breakfast, 5 lunches and 3 dinners, transportation for local tour, airport pickup and drop off) ***(Excluding air flight, accommodation, airport tax and insurance)***

Important Dates

Date of Commencement	To be Advised
Deadline for Application	To be Advised

** (Interested applicants are advised to contact the programme team for the exact travelling dates)*

Human Biology Organic Chemistry – I

課程編號: SC398A **Application code: 1760-SC398A**

The aim of this programme is to provide students with the fundamental knowledge of biology and chemistry. This will equip them with the science foundation to further their studies in the field of biological sciences.

Programme Objectives

On completion of the programme, students should be able to:

(a) describe the basic concepts and principles of chemistry and biology;
(b) appreciate the applications of biology and chemistry with respect to living organisms ;
(c) prepare students to undertake further studies in related areas in particular, the HKU SPACE Human Biology and Organic Chemistry II short course.

Programme Structure and Content

Total teaching hours is approximately 40 and extends over a period of approximately 3 months. There will be a 2-hour written test at the end of each module. Students will be required to pass both tests.

Introductory Chemistry module - Understanding of matters, elements and compounds; atoms and subatomic particles, periodic table; physical and chemical properties of substances; chemical bondings; acids and alkalis; oxidation and reduction, electrolysis.

Introductory Biology module - Introduction to biological molecules; the structure of cell and its activities; transportation of biological molecules; nutrients and balanced diet; generation of biochemical energy; cellular homeostasis; reproduction.

Target Students

1. Students without HKCEE/HKDSE chemistry and/or biology are required to take this course in order to be eligible to apply for HKU SPACE Human Biology and Organic Chemistry II short course.
2. Students who wish to further their studies in food and nutrition but have minimal exposure to related sciences (chemistry and biology) e.g. those who plan to study the HKU SPACE Advanced Certificate in Nutrition.

Admission Requirements

Applicants shall:

I. (a) hold a HKCEE with Grade E or above in 4 subjects or
   (b) hold a HKDSE Level 2 or above in 4 subjects

AND

II. provide evidence of English proficiency, such as
   (a) have gained in the HKCEE Grade E or Level 2 in English Language (Syllabus B); or
   (b) have gained in the HKDSE Level 2 in English Language.

Articulation Pathway

Students who have successfully completed this Level I course will be eligible to apply for the HKU SPACE Human Biology and Organic Chemistry II short course.

Medium of Instruction	English
Award	Students who complete the course with a minimum of 80 % attendance rate and pass ALL written tests will be awarded a Statement of Achievement by HKU SPACE.
Time and Venue	Mon and Thurs 7:00pm-9:30pm and some Saturday afternoons 2:30pm–5:30pm HKU SPACE Learning Centre (Causeway Bay, Fortress Hill or North Point)

Course Fee

Course fee：	HK$5,500

Important Dates

Date of Commencement	2 December 2019
Deadline for Application	31 October 2019

Human Biology Organic Chemistry – II

課程編號: SC399A **Application code: 1780-SC399A**

The aim of this programme is to provide students a basic knowledge in human biology and chemistry that will prepare them for further studies in the field of food and nutrition and related disciplines.

Programme Objectives

On completion of the programme, students should be able to:

(a) understand the fundamental principles of molecules, cells and diseases;
(b) demonstrate the ability to grasp the concepts of chemistry and its relationship to the biological systems;
(c) undertake further studies in biological sciences in particular, the HKU SPACE Advanced Certificate in Human Biochemistry and Physiology.

Programme Structure and Content

Total teaching hours is approximately 50 and extends over a period of approximately 3.5 months. There will be a 2 hour written test at the end of each module. Students will be required to pass both tests.

Organic Chemistry module - Bonding and structure of chemical compound; Chemical energetics; Chemical kinetics; Chemical equilibrium; Functional groups in organic chemistry; Electrophilic and nucleophilic reactions; Introduction to stereochemistry and chirality; The importance of stereochemistry and chiralty in biological system and pharmaceutical industry.

Human Biology module - Nutrition, health and disease; Digestive system; Respiratory system; Circulatory system; Basic immunology; Chemical messengers; Endocrine and nervous system; Growth and development; Introduction to genetics.

Target Students

1. Students who have basic understanding in chemistry and/or biology e.g. those who have successfully completed the HKU SPACE Human Biology and Organic Chemistry I short course, and wish to further their studies in biological sciences, in particular, the HKU SPACE Advanced Certificate in Human Biochemistry and Physiology.
2. Students who have taken HKCEE/HKDSE Biology and/or Chemistry and would like to take this course as a review course to strengthen their knowledge in the field.

Admission Requirements

Applicants shall:

I. have successfully completed HKU SPACE Human Biology and Organic Chemistry I short course or equivalent; or

II. (a) (i) hold a HKCEE with Grade E in 4 subjects and have taken Biology and Chemistry; or
(ii) hold a HKDSE Level 2 or above in 4 subjects and have taken Biology and Chemistry

AND

(b) provide evidence of English proficiency, such as
(i) have gained in the HKCEE Grade E or Level 2 in English Language (Syllabus B); or
(ii) have gained in the HKDSE Level 2 in English Language.

Articulation Pathway

Students who have successfully completed this Level II course will be eligible to apply for the HKU SPACE Advanced Certificate in Human Biochemistry and Physiology.

Medium of Instruction	English
Award	Students who complete the course with a minimum of 80 % attendance rate and pass ALL written tests will be awarded a Statement of Achievement by HKU SPACE.
Time and Venue	Mondays and Thursdays 7:00pm - 9:30pm and some Saturday afternoon 2:30pm – 5:30pm. HKU SPACE Learning Centre (Admiralty, Causeway Bay, North Point)

Course Fee

Course fee：	HK$6,500

Important Dates

Date of Commencement	April 2020
Deadline for Application	Mar 2020

The Dietetic Clinic for Teaching and Research is committed to educate the community on proper nutrition and health through all-round dietetic programmes. It also complements the nutrition and dietetic courses offered by HKU SPACE, and provides the means for further research and development to benefit the community.

香港大學專業進修學院的營養學治療及教研中心除了為修讀學院營養學課程的學員提供實習的機會外，更致力為市民提供專業的營養諮詢服務，令市民的健康質素得以提升。

Individual Nutrition Consultation
個別營養諮詢

- evaluate your weight and body composition 測量體重及脂肪比率
- review your diet 分析飲食模式
- provide tailored dietary advice, and menu plans 提供個別的飲食建議及餐單
- provide solutions to encountered barriers in follow-up sessions 跟進會面時，調整餐單及提供飲食問題的解決方法

Dietgenomix – Genetic test for personalised diet
基因檢測及個性化飲食

Dietgenomix test assists dietitians to develop a personalised diet plan based on one's genetic profile. The test results complement the traditional population based approach of dietetic consultations towards more tailored and personalised strategies.
Dietgenomi 測試通過分析個人基因信息以幫助營養師設計個性化飲食計劃。傳統的營養咨詢是基於大眾的一般營養需求，而 Dietgenomix 測試能輔助營養師為您提供更度身訂造的營養及飲食建議。

Nutrition Workshops
營養小組/工作坊

- Adult Weight Management Workshop 成人體重控制小組
- Sport Nutrition Workshop 運動營養小組
- Diet for Cancer Prevention Workshop 防癌健康飲食小組

Consultation by appointment only
敬請預約敬請預約

Other Services
其他服務

- Nutrition Therapy and Health Check Plans 營養治療及健康檢查計劃
- Exercise and Nutrition Referral Scheme 運動營養推薦計劃

DIETETIC CLINIC for Teaching and Research
營養學治療及教研中心
Room 403, 4/F, Fortress Tower, 250 King's Road, North Point, Hong Kong (Exit B, Fortress Hill MTR Station) T: 3761 1008 F: 2571 8480
香港北角英皇道 250 號北角城中心 4 樓 403 室 (炮台山港鐵站 B 出口)
For further details of the Nutrition Workshops and other services, please visit our website. E-mail: dietclin@hkuspace.hku.hk
請瀏覽本中心網頁參閱有關營養小組及其他服務詳情 Website: http://hkuspace.hku.hk/dietetic-clinic

Nutrition Workshops
營養小組/工作坊

成人體重控制小組 (初級班)

60+

本小組由註冊營養師主理。參加者將會檢討個人飲食，從而作出改善。此外，運動亦是體重控制重要的一環，教練會提供專業意見，協助參加者利用運動來達致理想體重。

課程大綱

註冊營養師主理:

- 個別體重評估
- 身體脂肪比例分析
- 健康體重控制飲食
- 出外飲食建議
- 食品標籤解讀
- 建議食譜
- 食譜改良法（不包括個別餐單/建議）

專業健體教練主理:

- 體重控制運動指引

開課日期及時間: 逢星期四下午 7:00 – 8:00，共 5 節（每小組）
2019 年 11 月 7 日起（截止日期: 2019 年 10 月 31 日）

費用: $1,280 / $1,152*

名額 7

廣東話

共 5 節

* 香港大學/香港大學專業進修學院員工/學生（需持有效學生證），香港大學專業進修學院校友會會員，60 歲或以上年長學員

成人體重控制小組 (中級班)

60+

修畢體重控制小組（初級班）的您，相信在健康飲食方面已有一定程度的認識。如果您對均衡飲食想有更進一步的了解，體重控制小組（中級班）將會教導如何改良飲食以提升健康狀況，讓您更輕鬆地踏上健康人生路。

課程大綱

註冊營養師主理:

- 體重控制
- 認識坊間減肥方法
- 配合運動的正確飲食方法
- 如何透過飲食，減低患上慢性病的機會
- 淺談營養補充劑及功能食品

專業健體教練主理:

- 如何結合運動到日常生活
- 認識有效訓練原則
- 介紹典型的訓練模式

開課日期及時間: 下午 7:00 – 8:00，共 5 節（每小組）
2020 年 2 月 6 日起（逢星期四）（截止日期: 2020 年 1 月 29 日）

費用: $1,280 / $1,152*

名額 7

廣東話

共 5 節

* 香港大學/香港大學專業進修學院員工/學生（需持有效學生證），香港大學專業進修學院校友會會員，60 歲或以上年長學員

Nutrition Workshops
營養小組/工作坊

運動營養小組

60+

本課程特為希望通過良好的飲食方法，改善體能及提升運動表現的人士而設。
小組互動形式名額嚴格限制，讓學員有充份機會探討自身運動及有關的營養課題。學員將獲得個別體重及身體脂肪分析及評估，學習檢討個人的飲食習慣，改善營養飲食方法。

開課日期及時間： 下午 7:00 – 8:00，共 4 節（每小組）
2020 年 2 月 11 日起（逢星期二）（截止日期：2020 年 2 月 4 日）

費用： $1,280 / $1,152*

名額 8

廣東話

共4節

香港大學/香港大學專業進修學院員工/學生（需持有效學生證），香港大學專業進修學院校友會會員，60 歲或以上年長學員

防癌健康飲食小組

60+

都市的飲食模式會提高患癌風險？進食某些食物會致癌？
註冊營養師會為您拆解常見的防癌飲食謬誤，並提供防癌飲食建議和指引，助您實踐健康飲食，以達至預防癌症之效。（不包括個別餐單/建議）

New

開課日期及時間： 下午 7:00 – 8:00，共 4 節（每小組）
2019 年 10 月 3 日起（逢星期四）（截止日期：2019 年 9 月 26 日）

費用： $960 / $864*

名額 8

廣東話

共4節

* 香港大學/香港大學專業進修學院員工/學生（需持有效學生證），香港大學專業進修學院校友會會員，60 歲或以上年長學員

聯絡電話 ：3761 1008　　電郵 ：dietclin@hkuspace.hku.hk

報名方法 (1) 請致電或電郵至本院營養學治療及教研中心，並留下姓名、聯絡電話及小組日期作報名之用。

(2) 報名後 7 個工作天內，請填妥及寄回報名表格連同劃線支票（抬頭寫上「香港大學專業進修學院）。

(3) 本中心收到有關資料後，將致電或電郵確認閣下之名額。

* 香港大學/香港大學專業進修學院員工/學生（需持有效學生證），香港大學專業進修學院校友會會員

Application Procedures

Foundation Certificate Courses
For interested candidates should apply by returning:

a) a completed application form **(SF26)***
b) relevant supporting documents
c) an application fee of HK$150 (non-refundable)
d) a course fee

Short Courses
For interested candidates should apply by returning:

a) a completed application form **(SF26)***
b) a course fee
c) relevant supporting documents **(for Human Biology and Organic Chemistry I/II courses only)**

This form can be downloaded from HKU SPACE website or obtained from one of the Learning Centres.

Please return all the necessary documents together with a crossed cheque or bank draft made payable to the "HKU SPACE" to either

1. By Post
   HKU, School of Professional and Continuing Education, 13/F., Fortress Tower, 250 King's Road, North Point, Hong Kong
   (Attn: Mr. Timothy Yeung) OR

2. In Person
   Any of the HKU SPACE Enrolment Counters.
   (Attn: Mr. Timothy Yeung, 13/F., Fortress Tower)

Please pay your fee by crossed cheque or bank draft made payable to the "HKU SPACE", or by EPS or credit card at any of the following enrolment counters:

Remarks:
As Hongkong Post adopted new postage rates on 1 January 2018, please make sure that sufficient postage is provided when you send us your supporting documents by post. For mails with postage underpaid, we shall return the mails to senders or ask them to pay for the shortage. Such actions may delay the processing of the applications concerned.
For new postage rates please refer to Hongkong Post https://www.hongkongpost.hk/en/postage_rate_2018/

1. **Admiralty Learning Centre (Tel: 3761 1111)**
   3/F, Admiralty Centre, 18 Harcourt Road, HK.

2. **Fortress Tower Learning Centre (Tel: 3762 0888)**
   1/F, Fortress Tower, 250 King's Road, North Point, HK.

3. **Island East Campus (Tel: 3762 0000)**
   2/F, 494 King's Road, North Point, HK.

4. **HKU Campus (Tel: 2975 5680)**
   3/F, T. T. Tsui Building, The University of Hong Kong, Pokfulam Road, HK.

5. **HKU SPACE Po Leung Kuk Stanley Ho Community College Campus (Tel: 3923 7171)**
   1/F, HPCC Campus, 66 Leighton Road, Causeway Bay, H.K.

6. **Kowloon East Campus (Tel: 3762 2222)**
   28 Wang Hoi Road, Kowloon Bay, Kowloon.

COLLEGE OF LIFE SCIENCES AND TECHNOLOGY
DIETETICS, FOOD AND NUTRITION

13/F., Fortress Tower, 250 King's Road, North Point, Hong Kong

☎ 3762 0833 / 2975 5878 Fax: 3104 9137 timothy.yeung@hkuspace.hku.hk

List of Foundation Certificate and Short Courses (2019/20)

Course Title	Course Code	Commencement Date	Application Deadline
Pre-natal Nutrition 產前飲食及營養	DFNS9001	2 July 2019	18 June 2019
Foundation Certificate in Sports and Exercise Nutrition 體育及運動營養學基礎證書	HS153A	6 August 2019	6 June 2019
Understanding Food and Nutrition II 食物與營養 II	SC400A	15 August 2019	8 August 2019
Food Labeling and Regulations 食品標籤及條例	DFNS9008	22 August 2019	8 August 2019
Nutrition in Exercise and Sport 體育及運動營養學入門	DFNS9005	3 September 2019	20 August 2019
Foundation Certificate in Nutrition (Weight Management) 營養學(體重控制)基礎證書	HS006A	4 September 2019	30 July 2019
Popular Dietary Supplements and Health 流行食品補充劑及健康 60+	DFNS9006	5 September 2019	15 August 2019
Understanding Food and Nutrition 食物與營養	DFNS9018	12 October 2019	9 September 2019
The Science of Food and Cooking 廚藝科學入門	DFNS9033	2 October 2019	12 September 2019
Food & Nutrition for Infants and Young Children 嬰兒及幼兒營養飲食 60+	DFNS9002	8 October 2019	17 September 2019
Foundation Certificate in Nutrition and Dietary Management for Older Adults 長者營養及膳食管理基礎證書 60+	HS144A	9 October 2019	11 September 2019
Nutrition in Exercise and Sport II 體育及運動營養學進階	DFNS9034	15 October 2019	4 September 2019
Foundation Certificate in Applied Nutrition and Nutritional Supplements 應用營養學及營養補充劑基礎證書 60+	HS008A	20 November 2019	16 October 2019
Human Biology and Organic Chemistry I 人類生物及有機化學 I	SC398A	2 December 2019	31 October 2019
Human Biology and Organic Chemistry II 人類生物及有機化學 II	SC399A	April 2020	March 2020
Executive Certificate in Foundational Nutrigenomics and Personalised Nutrition 行政人員證書(初級營養基因學及個性化飲食)	EP121A	April 2020	March 2020
*Food, Nutrition and Lifestyle for Anti-Aging 抗衰老營養飲食與健康生活	DFNS9032	To be confirmed /待定	To be confirmed /待定
*Edible Dirt Food Art–Chocolate Soil Dessert Workshop 分子盆栽甜品工作坊	DFNS9030	To be confirmed /待定	To be confirmed /待定
*Basic Molecular Gastronomy Workshop 分子料理體驗亞作坊	DFNS9031	To be confirmed /待定	To be confirmed /待定
*Healthy Cooking Workshop 健康烹調工作坊	DFNS9014	To be confirmed /待定	To be confirmed /待定
*Nutrition Practical Experience 營養實務體驗	SC401A	To be confirmed /待定	To be confirmed /待定

60+ **：年長學員(60 歲以上)入讀可享學費折扣優惠**

* 請聯絡本學部同事查詢有關最新開課日期。
Please contact us for the coming commencement dates.

16 July 2019