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Life Science and Nutrition Course (Level III)

# Micronutrition – Key to a tailor-made health

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The first Micronutritionist in Hong Kong

(Swiss Institute of Micronutrition (HK))



**Application Deadline**  
**27 Jan 2022 12:00 noon**

## **Intended Learning Outcomes**

Upon completion of the programme, participants should be able to:

1. understand the fundamental scientific concepts of Micronutrition in 3 dimensions: Cell Functions, Immune Response and Epigenetic;
2. develop the Micronutrition mindset: Holistic, Inter-relative, Balance, Natural;
3. establish an increase in interest and motivation in learning life science and apply it into everyday life;
4. apply the knowledge learnt and work on solutions from real-life examples;
5. describe core principles of the social responsibility and ethical values of being a micronutritionist.



## ◆ Introduction

**Micronutrition** is the cutting-edge science that studies the balance of the microcosms in the human body, ranging from the nutrition of cells, microorganisms, genes, hormones, neurons, neurotransmitters, and most importantly, the maintenance of human microscopic ecosystem.

This course combines the disciplines of:

- Life science
- Technology (as a tool for Micronutrition)
- Nutrition

This programme provides a few perspectives for the participants to get a taste of this comprehensive subject. It is at introductory level and is expected to equip participants with basic knowledge and a pass to **enter an interesting and practical field in life science**. This programme is co-organized with Swiss Institute of Micronutrition (HK).

## ◆ Schedule

| Session | Date                        | Time  | Venue                      |
|---------|-----------------------------|---|----------------------------|
| 1       | 26-Mar<br>25 Mar 2022 (Fri) |   | Room 204 (HKAGE)<br>Online |
| 2       | 2-Apr<br>1 Apr 2022 (Fri)   | 9:30 a.m. – 12:30 p.m.<br>2:00 p.m. – 5:00 p.m. | Room 204 (HKAGE)<br>Online |
| 3       | 9-Apr<br>8 Apr 2022 (Fri)   |   | Room 403 (HKAGE)<br>Online |
| 4       | 23-Apr<br>13 Apr 2022 (Wed) |   | TBC<br>Online              |

## ◆ Target Participants

- S3 – S6 HKAGE student members
- Class size: 30

\* First-come-first-served.

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

English with English and/or Chinese handouts

## ◆ Certificate

E-Certificate will be awarded to participants who have:

- attended ALL sessions; AND
- completed all the assignments with satisfactory performance