

The Chinese University of Hong Kong
Faculty of Science
Science Academy for Young Talent

Summer Courses 2024
Course Outline

CUSA1053 Nutrition Across the Lifespan
生命各階段的營養需求

Introduction: This course aims to explore the fundamental nutritional needs at various stages of life, including adolescence and adulthood. At the same time, students will learn how to apply nutritional knowledge in real life. The course includes lectures and workshops, where students will design nutritious recipes and evaluate the nutritional values of common packaged foods. This course aims to guide students to make informed dietary choices and understand the vital role of nutrition in a healthy life.

本課程旨在探討人體各階段，包括青少年與成年時期的基本營養需求。同時，學生將學習如何把營養知識應用於現實生活中。本課程包括講課與工作坊，學生需設計營養食譜，以及評估常見包裝食品的營養價值。本課程旨在啟發學生作出有根據的飲食選擇，並理解營養在健康生活中的關鍵角色。

Medium of Instruction: English supplemented by Cantonese
英語輔以粵語

Organising Unit: School of Life Sciences, Faculty of Science, CUHK

Teachers:



Miss SIN Man Ching Daisy

Assistant Lecturer

School of Life Sciences, Faculty of Science, CUHK

Rm 525, Mong Man Wai Building, CUHK

E-mail: daisymcsin@cuhk.edu.hk

Course Content:

<p>13 August 2024 (Tuesday)</p> <p>9:30 am – 12:00 nn 2:00 pm – 4:30 pm</p>	<p><u>Lecture 1</u></p> <ul style="list-style-type: none"> • Explore the nutritional needs of pregnant women and children • <p><u>Group Discussion Workshops 1</u></p> <ul style="list-style-type: none"> • Learn about how to analyse food labels on packaged foods • Plan and discuss about how to design a healthy recipe
<p>20 August 2024 (Tuesday)</p> <p>9:30 am – 12:00 nn 2:00 pm – 4:30 pm</p>	<p><u>Lecture 2</u></p> <ul style="list-style-type: none"> • Explore the nutritional needs of adolescents and adults <p><u>Group Discussion Workshops 2</u></p> <ul style="list-style-type: none"> • Discuss the healthy packaged foods available in the market • Finalise the healthy recipe design
<p>27 August 2024 (Tuesday)</p> <p>9:30 am – 12:00 nn 2:00 pm – 4:30 pm</p>	<p><u>Lecture 3</u></p> <ul style="list-style-type: none"> • Explore the nutritional needs of older adults <p><u>Workshop 3 - Projects/Assignment</u></p> <ul style="list-style-type: none"> • Short quiz (open book) • Presentation of healthy recipes and healthy packaged food choices • Short essay - reflective journal
<p>29 August 2024* (Thursday)</p> <p>9:30 am – 12:00 nn 2:00 pm – 4:30 pm</p>	<p>Make up Class</p>

Date	13, 20, 27, 29* August 2024 (15 hours)			
Time	9:30 am – 12:00 nn & 2:00 pm – 4:30 pm			
Teaching Mode	Face to Face (The Chinese University of Hong Kong)			
Enrollment	25 – 30			
Expected Applicants	Students who are promoting to or studying S5 – S6			
Tuition Fee	HKD 3,000.00			
Credit	1 Academy Unit(s) <i>Students can accumulate credits which will be regarded as "Other Learning Experience" when applying University.</i>			
Grading Methods	<i>Certificate</i>	<i>Assessment</i>	<i>Attendance</i>	<i>Credit(s)</i>
	Distinction	<i>Certificate of Distinction</i>	<i>Excellent</i>	>75% <i>1</i>
	Pass	<i>Certificate of Merit</i>	<i>Pass</i>	>75% <i>1</i>
	Attended	<i>Certificate of Attendance</i>	<i>Fail</i>	>75% <i>0</i>
	Fail	<i>N/A</i>	<i>Fail</i>	<i>N/A</i> <i>0</i>

* This date is reserved for make-up classes in case there is any cancellation of classes due to unexpected circumstances.