



Workplace Health & Nutrition Training – Dine Out Options for Healthy Weight Management

This training provides essential guidance for individuals seeking to make mindful and health-conscious choices when dining out. In a world where eating out is a common practice, this training addresses the challenges of maintaining a healthy weight while enjoying restaurant meals. Participants will acquire the knowledge needed to make positive choices when dining out, contributing to their overall well-being and sustainable weight management goals.

DURATION

1 Hour

LANGUAGE

English

COURSE CODE

NT-20223

Workplace Health & Nutrition Training – Dine Out Options for Healthy Weight Management

Course Content

The syllabus focuses on:

- Introduction of macronutrients and micronutrients
- Tips for healthy weight management
- Recommended daily calorie intake
- Disadvantages of excessive sodium and sugar intake
- How to reduce sodium intake, unhealthy fats when dining out

Who Should Attend

- Employees who are keen to make better food choices when dine out
- Individuals who are personally interested in health, nutrition, and wellness
- Workplace wellness committees or similar groups focused on employee health and well-being

Method of Study

- Face-to-face or online training with interactive activities

Certification

- Certificate of Attendance will be awarded for participants who are with 100% attendance

Learning Outcomes

By the end of this training, learners from this training will be able to:

- Practise healthy eating by making balanced food choices and portion sizes
- Apply techniques to make informed choices based on dietary preferences and health goals
- Develop ability to identify healthier options and understanding how to balance occasional indulgences with healthier choices

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