

Functional Nutrition Program

Program Duration: 6 months

Course Sequence	Suggested Study Schedule
Smart Nutrition: Healthy Eating for All Generations	Week 1 -13
Advanced Nutrition: Super Foods for the Family	Week 14 - 26

- The above schedule is provided as a generic guideline to help students manage their study pace efficiently towards on time completion.
- Students who are able to finish courses in a faster pace are allowed and encouraged to do so for earlier completion.
- We recommend students to follow the course sequence in the order listed above.