Functional Nutrition Program

Program Duration: 6 months

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| **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.