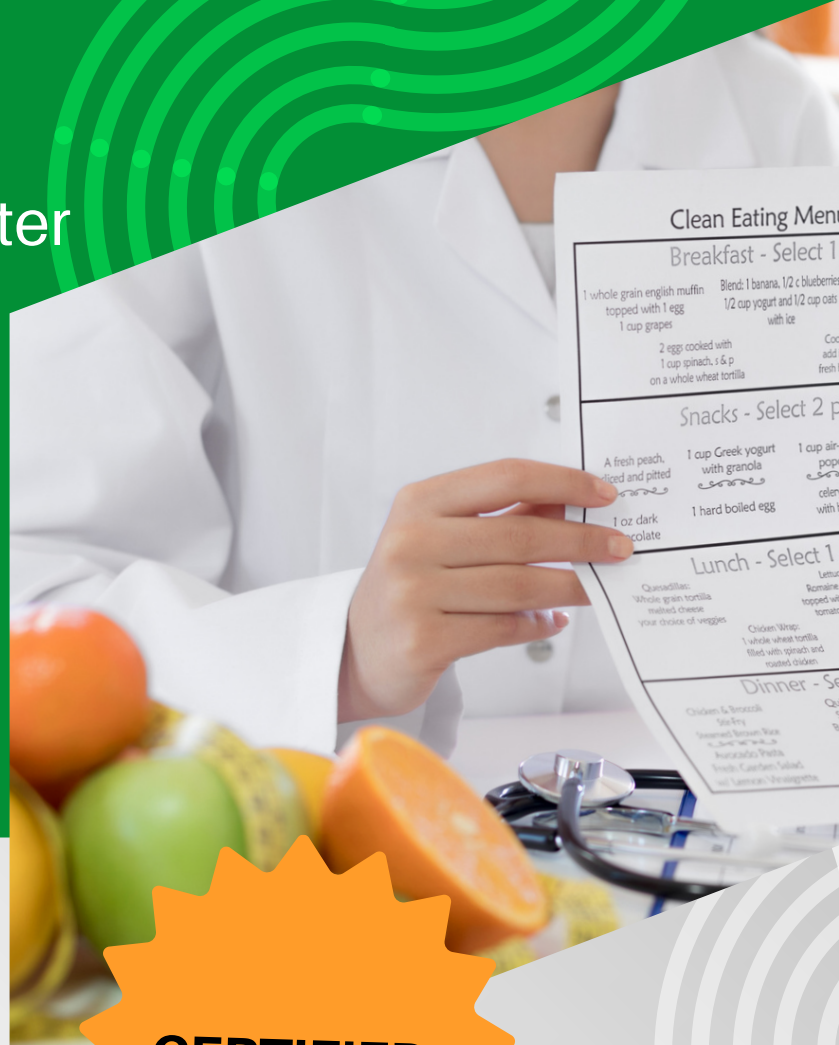




**WINCHESTER
COLLEGE**

The Professional Master
Program in

HEALTHY NUTRITION



Clean Eating Menu

Breakfast - Select 1

1 whole grain english muffin topped with 1 egg
1 cup grapes
2 egg cooked with 1 cup spinach, 1 & p on a whole wheat tortilla
Blend: 1 banana, 1/2 c blueberries
1/2 cup yogurt and 1/2 cup oats with ice
Cook add fresh

Snacks - Select 2 p

A fresh peach, sliced and pitted
1 oz dark chocolate
1 cup Greek yogurt with granola
1 hard boiled egg
1 cup air-popped popcorn
celery with dip

Lunch - Select 1

Quantities:
Whole grain tortilla
mashed cheese
your choice of veggies
Chicken Wrap:
1 whole wheat tortilla
filled with spinach and
roasted chicken

Dinner - Se

Chicken & Broccoli
Steak
Seasoned Brown Rice
Roasted Potatoes
Avocado's Pasta
Apple, Cucumber, Celery,
and Lemon - 1/2 cup grapes

CERTIFIED

HIGHLIGHTS

- ✓ 4 focused subjects
- ✓ Expert-led curriculum blending theory and practice
- ✓ Culturally sensitive and ethically grounded education in nutrition science

WHAT YOU'LL LEARN

- ✓ Fundamentals of Nutrition Science and Dietary Principles
- ✓ Nutritional Counseling and Behavior Change Techniques
- ✓ Specialized Nutrition for Public Health Interventions

Call +44-7472-1876-15

www.winchestercollege-uk.com

OUR OFFICE

7 Coronation Road, Dephna House,
LAUNCHESE #105 - LONDON



Subject 1:

FUNDAMENTALS OF NUTRITION SCIENCE AND DIETARY PRINCIPLES

BRIEF:

This subject delves into the fundamental theories of nutrition science, exploring macronutrients, micronutrients, and their impact on human health. It lays the groundwork for understanding the complexities of dietary habits and their effect on overall well-being.

IMPORTANCE:

Establishing a strong foundation in nutrition science is essential for comprehending healthy eating patterns and their role in promoting optimal health.

METHODOLOGY OF TEACHING:

Lectures, interactive discussions, laboratory sessions for nutrient analysis, and case studies demonstrating the importance of balanced diets across diverse populations.

FINAL DISCUSSION:

A comprehensive assessment evaluating students' grasp of nutrition principles, their applications, and the ability to analyze dietary habits in various contexts.



Subject 2:

NUTRITIONAL COUNSELING AND BEHAVIOR CHANGE

BRIEF:

This subject focuses on understanding eating psychology and behavior change theories in the context of nutrition counseling. It emphasizes effective communication and counseling techniques for behavior modification.

IMPORTANCE:

Acquiring skills in nutritional counseling and behavior change strategies is critical for promoting healthy dietary habits and facilitating positive lifestyle changes.

METHODOLOGY OF TEACHING:

Theoretical studies on eating psychology, role-playing exercises simulating counseling scenarios, and practical sessions demonstrating effective counseling techniques.

FINAL DISCUSSION:

Evaluation of students' proficiency in applying behavior change theories and counseling strategies in nutrition-related scenarios.



Subject 3:

SPECIALIZED NUTRITION AND PUBLIC HEALTH

BRIEF:

This subject explores specialized nutrition interventions for disease management and public health nutrition strategies. It emphasizes therapeutic diets and community-based nutrition programs.

IMPORTANCE:

Understanding clinical nutrition and public health interventions is crucial for managing health conditions and addressing nutritional deficiencies at both individual and community levels.

METHODOLOGY OF TEACHING:

Case studies on disease-specific dietary management, fieldwork in community settings, and discussions on policy development in public health nutrition.

FINAL DISCUSSION:

Assessment of students' ability to apply specialized nutrition strategies and analyze their effectiveness in disease management and community health initiatives.



Subject 4:

ADVANCED TOPICS IN NUTRITION AND RESEARCH

BRIEF:

This subject delves into advanced research methodologies in nutritional sciences and explores emerging trends in the field. It focuses on evidence-based practices and the latest developments in nutrition.

IMPORTANCE:

Developing advanced research skills and staying updated with emerging trends fosters innovation in nutritional practices and contributes to the field's growth.

METHODOLOGY OF TEACHING:

Workshops on research methodologies, seminars on current nutrition research, and projects focusing on novel nutrition concepts.

FINAL DISCUSSION:

Assessment of students' ability to apply specialized nutrition strategies and analyze their effectiveness in disease management and community health initiatives.