



## NTHRYS WORKSHOPS

# Introduction To Applied Nutrition

### **8:45 AM - 10:15 AM: Session 1: Basics of Nutrition Science**

Overview of nutrition science and its importance.  
Introduction to macronutrients and micronutrients.

### **10:15 AM - 10:30 AM: Coffee / Tea / Snacks Break**

Networking and refreshments.

### **10:30 AM - 12:00 PM: Session 2: Nutritional Assessment Techniques**

Hands-on training on techniques for assessing nutritional status.  
Practical session on dietary surveys and anthropometric measurements.

### **12:00 PM - 1:00 PM: Lunch Break**

Catered lunch and networking opportunity.

### **1:00 PM - 2:30 PM: Session 3: Nutrition and Metabolism**

Overview of the relationship between nutrition and metabolism.  
Practical exercises on understanding metabolic pathways and nutrient utilization.

**2:30 PM - 2:45 PM: Short Break**

Time for a stretch and informal discussions.

**2:45 PM - 4:15 PM: Session 4: Case Studies in Applied Nutrition**

Discussion on real-world case studies of applied nutrition.  
Analysis of nutritional interventions and their outcomes.

**4:15 PM - 4:30 PM: Coffee / Tea / Snacks Break**

Last networking opportunity with snacks.

**4:30 PM - 5:30 PM: Closing Session: Implementing Changes and Technology Adoption**

Group discussions on implementing new techniques learned today.  
Dialogue on overcoming challenges in adopting new technologies in similar sectors.  
Feedback session and closing remarks.

Certificate Issue

**5:30 PM: Workshop Concludes**