Food Seminar

FOOD SEMINAR

Professional training with theory and lots of practice in small classes

Seminar on Emotional Food + Food Allergies and Intolerances & Food Myths:

The Swiss Nutrition Academy offers the Seminar on Emotional Food + Food Allergies and Intolerances & Food Myths. Learn how to reduce your emotional intake, you will learn to know about allergies and how to treat them. When we feel sad, stressed, tired, angry, bored, guilty, or depressed, we eat! Food produces pleasure and has a social function, so we can also look for food when we feel alone. Food allergies and intolerances can lead to similar symptoms, but these are two conditions that differ considerably from each other. Food is a topic of great interest throughout history. This interest, together with a degree of ignorance, has favored the development of numerous errors and myths about food, which have led unjustifiably to a change in many people's behavior and eating habits. Learn how to manage your emotional intake and treat allergies.

You'll be surprised!

Target Audience Seminar on Emotional Food + Food Allergies and Intolerances & Food Myths:

The seminar is aimed at people who want to learn more about nutrition, allergies and tolerances, myths and truths and food curiosities.

Theoretical content of the Seminar on Emotional Food + Food Allergies and Intolerances & Food Myths

Emotional Power
Hypocaloric Diets
Food allergies and intolerances
Functional foods and transgenic foods

Practical content of the Seminar on Emotional Food + Food Allergies and Intolerances & Food Myths:

Professional knowledge of Nutritional and Dietetic Consulting
Nutritional analysis
Anamnesis
Menu Planning
Elaboration of diets according to the stages of life
Needs and pathologies.

Periodic evaluation and conclusion of the Seminar on Emotional Food + Food Allergies and Intolerances & Food Myths:

At the end of our nutrition seminar, you will receive a certificate from the Swiss Nutrition Academy, which certifies that you have knowledge about emotional nutrition, allergies and tolerances, and knowledge about myths and truths in nutrition.

Next Course Dates

Course Details

Location

Zürich

Duration

1 Day

Start Date

by agreement

Days & Times

Monday
9:00 - 13:00

What's Included

Course materials and exam fee
Personal support from experienced instructors
Modern, practical techniques
Certificate upon successful completion

How to Enrol

1 Choose your payment option (Monthly Installments or Full Payment)
2 Choose your course start date and schedule
3 Select your payment method (Online Payment or Pay by Invoice)
4 Complete your registration and secure your spot

Course Fee

Complete package including course materials, exam fees

1 **Choose Payment Option**

Choose a payment option below to register for this course.

Single Payment

CHF495.00
One-time payment for full course fee
Select single payment

Benefit from attractive discounts for nutritional and dietetic consulting courses

10% discount applied from the second course or seminar attended at the Swiss Beauty & Hair Academy, including Swiss Fashion Academy and Swiss Nutrition Academy courses and seminars
3% discount for immediate payment of the entire course fee
Payable in monthly instalments without fees and interest

F.A.Q - Frequently Asked Questions

What does EduQua certification means?

EduQua is a Swiss quality certificate for education institutions. It promotes transparency, comparability and quality of continuing education programmes.

What are the advantages of online payment?

The advantages of online payment over payment by invoice are:

To keep the monthly charge on the credit or debit card constant, each charge is automatically made for the same amount.

The discount entitlement is automatically calculated and deducted for one-off payments.

Dealing with credit card limits?

The credit card limit is the maximum amount you can spend with your card.
With Mastercard and Visa, the card limit is usually higher than with Twint.
By choosing the payment option “monthly instalment”, you can usually avoid problems with the card limit. Otherwise, you still have the option of registering by invoice.

Alternative Payment by Invoice?

For registration with payment by invoice, the form Registration with Invoice is available.
The form can also be found below in the footer in the section “CONTACT”.
For payment by invoice, a 20% deposit is required and the balance is payable in monthly instalments.

Your next move - Choose one of the following options:

Course documentation / Personal consultation

Use the contact form to request course documentation or make an appointment for a personal consultation.

Register

Register for the course now, especially as space is limited.

We will be happy to welcome you and take the opportunity to introduce you personally to our school! Take advantage of the opportunity to participate with us in a half-day session at the school, where you can meet us without any obligation.

Quality Seals

Experience since 2010

eduQua Certification eduQua is a Swiss quality certificate for further education institutions

Seal of approval from Kundenversprechen.ch

More information

Nutrition Coach/Consulting

Our nutrition consultant program is for adults 18 and older—no prior knowledge needed. It covers basic medical principles, the digestive system, nutrition assessment, balanced eating, supplements, menopause, lifestyle, and practical counseling.

Food Seminar

The Swiss Nutrition Academy offers a seminar on Emotional Eating, Food Allergies, Intolerances, and Food Myths. Learn to manage emotional eating and understand the differences between allergies and intolerances, while debunking common food myths.