



# ADVANCED CERTIFICATE IN PRINCIPLES OF NUTRITION AND DIET (AdvCert. Principles of Nutrition and Diet)

GENERAL SIR JOHN KOTELAWALA DEFENCE UNIVERSITY

Department of Preclinical Sciences – Biochemistry  
Faculty of Medicine



Obtain a qualification from an internationally  
recognized leading University in Sri Lanka



For those who;

- ✓ are interested in pursuing future studies in nutrition
- ✓ wish to seek career opportunities in nutrition or nutrition-related discipline
- ✓ wish to supplement their existing knowledge in nutrition/nutritional chemistry
- ✓ are in health care professions (nurses, nursing home caregivers, and physiotherapists).
- ✓ are currently employed in food-related industries
- ✓ are in tri-forces and police, involved in health and nutrition-related services

## CONTENT

Module 1 – Basic Nutritional Biochemistry  
Module 2 – Basic Principles of Nutrition  
Module 3 – Nutrition in Different Conditions  
Module 4 – Special Topic in Nutrition



Duration: 4 months  
(Saturday - 9:00am to 12:00noon)



SLQF Level: 2/ NVQ Levels 4



Teaching Language: English



Minimum Entry Requirement: 3 passes in  
GCE A/L



Mode of Delivery: Lectures –Online &  
Practicals - Physical



Commencement: August 2025



Course Fee: LKR 50,000.00 (Payable in two  
installments)

PROGRAM COORDINATOR

APPLICATION CLOSING DATE

20<sup>th</sup> July 2025

FOR MORE DETAILS  
<https://kdu.ac.lk>

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