



**NEW ERA  
INSTITUTE**  
OF VOCATIONAL & CONTINUING EDUCATION  
新纪元技职与推广教育学院  
LO2635  
Owned by Dong Jiao Zong Higher Learning Centre Pte Ltd (2325704)



**课程设有实习**  
With Internship

# 月子餐与管理

## Postnatal Dietary Care Management (SIHPM)

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### 1 年课程 Years Course

▲ 80% 实践训练  
80% Practical Skills

▲ 20% 理论  
20% Theory

▲ 教学媒介语以中文为主，  
英文为辅  
Medium of Instruction:  
Chinese & Simple English

▲ 16 岁以上即可报读，  
无需入学资格  
Entry Requirement:  
16 Years Old & Above

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With Internship

月子餐与管理专业技职课程旨在培养学生掌握月子膳食与管理的专业技能。课程涵盖月子中心管理、产后营养与膳食规划、不同功能性的月子餐制作（恢复餐、滋补餐、补元餐、美容餐等）、清真与素食月子餐、产妇护理基础知识及月子中心运营管理。

通过系统化培训，学生将具备在月子护理行业就业或创业的能力，如成为专业月子餐营养师、产后护理顾问、月子中心管理人员及月子餐企业家等。

The One-Year Vocational Course in Postnatal Management is designed to equip students with professional skills in postnatal care and nutrition. The curriculum covers postnatal centre management, postnatal nutrition and meal planning, the preparation of functional postnatal meals (recovery meals, nourishing meals, strength meals, beauty meals, etc.), halal and vegetarian postnatal meals, maternity care fundamentals, and postnatal centre operations management. Through structured training, students will develop the skills necessary for employment or entrepreneurship in the postnatal care industry, including roles such as postnatal nutritionist, postnatal care consultant, postnatal centre manager, and postnatal meal entrepreneur.

### 学生将学习 / Students will learn and be able to:

- ▲ 能够综合运用营养学和烹饪艺术，为产后妈妈定制个性化恢复餐单。  
Integrate nutrition science and culinary arts to create personalised recovery meal plans for postnatal mothers.
- ▲ 能够结合现代护理理念与传统智慧，提供全方位的产后护理方案。  
Blend modern postnatal care principles with traditional wisdom to provide comprehensive maternal care solutions.
- ▲ 能够灵活运用食材，创造营养均衡且美味的月子餐。  
Creatively utilise ingredients to craft nutritious and delicious postnatal meals.
- ▲ 能够掌握食品安全与管理技能，确保月子中心的高标准运营。  
Master food safety and management skills to ensure high-standard operations in postnatal care centres.
- ▲ 能够探索国际月子餐趋势，融合多元文化元素创新健康餐点。  
Explore global postnatal meal trends and innovate nutritious dishes by incorporating diverse cultural elements.
- ▲ 能够通过实际操作和行业实践，培养专业素养并建立职业网络。  
Develop professional expertise and build industry connections through hands-on experience and real-world practice.



## 课程内容 | COURSE OUTLINE

- 产后护理管理概论  
Introduction to Postnatal Care Management
- 产后营养与膳食规划  
Postnatal Nutrition and Meal Planning
- 产后护理中心与卫生管理  
Postnatal Care Center with Hygiene Management
- 产后膳食 - 恢复餐  
Postnatal Diet - Recovery Meal
- 产后膳食 - 滋补餐  
Postnatal Diet - Nourishing Meal
- 产后膳食 - 补元餐  
Postnatal Diet - Strength Meal
- 产后膳食 - 主食  
Postnatal Diet - Main Dishes
- 产后膳食 - 开胃菜  
Postnatal Diet - Appetizers
- 产后膳食 - 甜点  
Postnatal Diet - Dessert
- 产后膳食 - 美容养生餐  
Postnatal Diet - Beauty Meal
- 清真与素食产后膳食  
Halal and Vegetarian Postnatal Meal
- 产科基础知识  
Maternity Basic Knowledge
- 月子厨房营运管理  
Postpartum Meal Kitchen Operations Management
- 实习  
Practice in Postnatal Center (Internship)

\* Please note that the modules listed are indicative and may be subject to change.



## 评估标准 | ASSESSMENT

100% 的作业和实践练习。本课程提供月子餐与管理的理论20%与实践80%，聚焦于工作场所的实际应用。

鼓励团队合作，让学生学会分组工作，以完成各自的功课。

100% assignment and practical exercise. The course offers both the theory (20%) and practice (80%) of Postnatal Management, with a focus on the practical application of these skills in the workplace.

Teamwork is encouraged and students learn to work in groups to complete their projects.



## 考取资格 | QUALIFICATIONS

英国国立西苏格兰学院专业文凭

Diploma awarded by West College Scotland, UK



## 就业前景 | CAREER PATHWAYS

月子餐主厨、营养师、产后护理顾问、月子中心营养规划师、月子中心管理人员、产后膳食研发专员、菜单策划师、产后护理培训师、健康饮食顾问、食品研发专员、采购员、自雇人士等、提供月子餐定制服务业者。

Postnatal Meal Chef, Nutritionist, Postnatal Care Consultant, Postnatal Centre Nutrition Planner, Postnatal Centre Manager, Postnatal Diet Research and Development Specialist, Menu Planner, Postnatal Care Trainer, Healthy Eating Consultant, Food Research and Development Specialist, Procurement Officer, Self-Employed, Postnatal Meal Service Provider and more.





搭建星级标准和业界品质，掌握本领域的专业技能。

Building top star standards and industry quality, to master the professional skills.



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