



FNWM · FUNCTIONAL NUTRITION & WELLNESS MASTERY · AUTUMN 2026

Welcome to Phase 1 — Foundation

Foundation of Nutrition · Where the whole programme begins

STARTS

27 September 2026

17 weeks · next intake 24
January 2027

FORMAT

Online · Bilingual

English and Chinese

PRICE

¥4,299

Early Bird: a voucher toward
future courses

You are in the right place

Phase 1 is the foundation the other three phases are built on. This level of learning aims to provide families and healthcare professionals with foundational knowledge in functional nutrition to promote holistic wellness and support health management. You will gain an understanding of core nutrition principles, explore the role of functional foods and supplements, and learn about the digestive system's impact on nutrient absorption and overall health. By mastering these concepts you will be equipped with the nutritional knowledge to support individual and family health, and to address real nutritional needs.

"Let food be thy medicine and medicine be thy food."

Hippocrates

What you will study

Three modules and a final quiz, taken in order: optimal nutrition, the essentials of functional nutrition, and the human digestive system. 142 lessons in all, the largest phase in the programme.

MODULE

1

Basis of Optimal Nutrition

The core principles of optimal nutrition: why holistic health matters, how nutrients work together, and what governs their absorption. 52 lessons.

MODULE

2

Functional Nutrition Essentials

Food safety and label reading, the development of nutritional science and its meeting with traditional Chinese medicine, and the interactions between medicines and nutrients. 68 lessons.

MODULE

3

Human Digestive System and Nutrient Absorption

How the digestive system shapes nutrient absorption and overall health, and what that means for the choices a family makes every day. 22 lessons.

Your place in the Mastery Loop

PHASE 1 · YOU

Learn

PHASE 2

Apply

PHASE 3

Personalise

PHASE 4

Integrate

Phase 1 is the learning phase of the FNWM Circular Mastery Loop. It gives you the vocabulary and the science that Phase 2 asks you to apply, Phase 3 asks you to personalise, and Phase 4 asks you to integrate.

The full week-by-week outline is published before the course begins.

Your teaching team

Dr Anthony Ng

Lead Instructor, Phase 3 · Hong Kong

Ms Stephanie Chin

Instructor · Melbourne

Ms Lina Lee

Instructor · Melbourne

Mr Stanley Ho

Instructor · Melbourne

Mr Andy Cheung

Instructor · Hong Kong

Full profiles at anwa.org/instructors

Where Phase 1 takes you

- Speak about nutrition with a foundation you can explain: what a nutrient does, how it is absorbed, and why that changes with the person in front of you.
- Read a label, judge a supplement and spot a claim that does not hold, for your own household first.
- Support family health with choices grounded in science rather than in whatever is fashionable this year.
- Qualify for Phase 2 — Intermediate, and continue toward the FNWM Full Professional Certificate, Level 4.

A certificate you can stand behind

Verifiable

Every ANWA certificate carries a code anyone can check at anwa.org/verify.

5,000+ students

Taught by ANWA since 2012, across Australia, China, Hong Kong, Taiwan, Malaysia and Singapore.

Academic partners

Genovasi University College ·
Raffles University · Mantissa College

Dates and how to enrol

- **27 September 2026** — Phase 1 begins. 17 weeks, online.
- **10 October 2026** — Enrolment for this intake closes.
- **24 January 2027** — The next Phase 1 intake begins.

Phase 1 is open to anyone. No prior study is required — that is what a foundation phase is for. You can add later phases at any time, and only Phase 4 requires the three phases before it.

Phase 1 — Foundation · ¥4,299

Early Bird: a voucher toward a future course

Full programme, Phases 1 to 4: ¥24,210 until 10 October, then ¥25,999. Save ¥1,789.

Enrol: www.anwa.org/enrol · www.anwa-cn.com/enrol

Questions: support@anwa.org

Australia Nutrition & Wellness Association · anwa.org