

**KENYA NUTRITIONISTS AND DIETICIANS INSTITUTE**

**Time Table for Evening Classes**

Upgrade Subjects;

**Basic Mathematics, Basic Chemistry, Human Biology and English (Grammar and Writing)**

**WEEK ONE: Basic Chemistry and English Upgrade**

DATE	DAY	SUBJECT	TIME
2 <sup>ND</sup> March 2026	Monday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
3 <sup>RD</sup> MARCH 2026	Tuesday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
4 <sup>TH</sup> MARCH 2026	Wednesday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
5 <sup>th</sup> MARCH 2026	Thursday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
6 <sup>th</sup> MARCH 2026	Friday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
7 <sup>th</sup> MARCH 2026	Saturday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
8 <sup>th</sup> MARCH 2026	Sunday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm

**WEEK TWO: Basic Chemistry and English Upgrade**

DATE	DAY	SUBJECT	TIME
9 <sup>th</sup> MARCH 2026	Monday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
10 <sup>TH</sup> MARCH 2026	Tuesday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
11 <sup>TH</sup> MARCH 2026	Wednesday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
12 <sup>TH</sup> MARCH 2026	Thursday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
13 <sup>TH</sup> MARCH 2026	Friday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
14 <sup>TH</sup> MARCH 2026	Saturday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm
15 <sup>TH</sup> MARCH 2026	Sunday	Basic Chemistry	4:30 – 6:30 pm
		English Upgrade	6:45 – 8:45 pm



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**KENYA NUTRITIONISTS AND DIETICIANS INSTITUTE**

**Time Table for Evening Classes**

Upgrade Subjects;

**Basic Mathematics, Basic Chemistry, Human Biology and English (Grammar and Writing)**

**WEEK THREE: Human Biology and Basic Mathematics**

DATE	DAY	SUBJECT	TIME
16 <sup>th</sup> MARCH 2026	Monday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
17 <sup>th</sup> MARCH 2026	Tuesday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
18 <sup>th</sup> MARCH 2026	Wednesday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
19 <sup>th</sup> MARCH 2026	Thursday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
20 <sup>th</sup> MARCH 2026	Friday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
21 <sup>st</sup> MARCH 2026	Saturday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
22 <sup>nd</sup> MARCH 2026	Sunday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm

**WEEK FOUR: Human Biology and Basic Mathematics**

DATE	DAY	SUBJECT	TIME
23 <sup>rd</sup> MARCH 2026	Monday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
24 <sup>th</sup> MARCH 2026	Tuesday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
25 <sup>th</sup> MARCH 2026	Wednesday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
26 <sup>th</sup> MARCH 2026	Thursday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
27 <sup>th</sup> MARCH 2026	Friday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
28 <sup>th</sup> MARCH 2026	Saturday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm
29 <sup>th</sup> MARCH 2026	Sunday	Human Biology	4:30 – 6:30 pm
		Basic Mathematics	6:45 – 8:45 pm

REPUBLIC OF KENYA, CAP 253B  
**ACCREDITATION COMMITTEE**  
**18 FEB 2026**  
 P. O. BOX 20436 - 00100,  
 NAIROBI

**KENYA NUTRITIONISTS AND DIETICIANS INSTITUTE**

**Time Table for Examinations**

Upgrade Subjects;

**Basic Mathematics, Basic Chemistry, Human Biology and English (Grammar and Writing)**

Professional Upgrade Examinations

DATE	DAY	SUBJECT	TIME
30 <sup>th</sup> MARCH – 9 <sup>th</sup> MARCH 2026	Individual student revision for upgrade examinations		
10 <sup>th</sup> APRIL 2026	Friday	English Upgrade Exams	9:00 am – 12:00 pm
		Basic Mathematics Exams	2:00 pm – 5:00 pm
11 <sup>th</sup> APRIL 2026	Saturday	Basic Chemistry Exams	9:00 am – 12:00 pm
		Human Biology Exams	2:00 pm – 5:00 pm

**Note;**

1. All classes shall be conducted online via zoom platform.
2. Students are expected to use smart phones, tablets or laptops to attend/enroll for classes.
3. Students to make arrangements for their own bundles.
4. Students must attend all revision classes

