The annual FST Chinese New Year Reunion Dinner was held on March 2, 2007 and it was a great success! Many from the 8 different batches of current students and graduates attended the “Yu Sheng” and potluck session. Winner of the FST Decal Design Competition also emerged through popular vote in the night - it was 2006 cohort’s Lu Shi Jia.

The 2008 Chinese New Year Reunion Dinner will be held on February 16. There will be a Yusheng Design Competition and details can be found on the NUS FST webpage.
On behalf of the FST Alumni Committee, we are proud to present you our FST Decal.

**Designer of the FST Decal**

This was painstakingly designed by Jessie Shen Ming Ming, from NUS FST 2004 group, and she had volunteered and taken time out to help us in designing this decal that truly represents us.

**Its significance and representation…**

*Pineapple:* It was in the FST logo designed by the first Director of NUS FST (Assoc. Prof. Philip John Barlow), represents warmth and prosperity

*Blue Colour:* shows our commitment and unity.

*Slogan:* “When it comes to food, we know best” indicates our area of expertise and credibility.

*Orange Colour:* reflects our vibrancy and enthusiasm.

**Why should we own it?**

It is to create and enhance NUS FST awareness, announce your declaration towards your academic background as a student/alumni/staff of the Food Science and Technology Programme in NUS at the same time.

HOW? Simply by purchasing one FST decal today and fly your decal up high. Proudly declare yourself as NUS FST Student/Alumni/Staff and be able to spot other co-members of the NUS FST family at the same time. Anyone who supports NUS FST Food Science and Technology Programme and the slogan is welcome to purchase.

**Recommended Usage:**

1. Dress up your car, best for windscreen or windows.
2. Stick it onto a glass panel in your house, office, etc.
3. Keep it as a souvenir

**Sale of FST Decal:**

Sale Venue: NUS FST, S3-level 6 lab OR online order by e-mailing to: lena@bx8.com

Cost: $5.00 Self collection @ FST NUS Lab (postage chargeable @ 50cents, kindly provide local mailing address)

Payment: Cash sale or online transfer to a bank account, details to be given upon ordering.

We sincerely hope to get everyone’s support in getting one FST decal today.

*Dr. Lena Goh*
*Chair*
*NUS FST Alumni Committee*
During the last few weeks of Industrial Attachment, a team of FST fellows from the class of 2007 would assemble religiously somewhere at City Hall, where we would take a quick (and cheap) dinner and then find a place to sit down and discuss our great plan on how to organize our Graduation Dinner. The familiar couch at the basement of Esplanade was where we would make ourselves cozy by sitting around it; and it was also where most of the ideas for Graduation Dinner were brainstormed. Wacky ideas like holding it in a tent outside someone’s terrace house were seriously considered, but we reckoned we would make too much noise. Afraid that it would turn out to be Fright Night instead of Graduation Night, we reluctantly abandoned this ingenious idea.

June 9, 2007 came with the night which we had been preparing for. The location was set at The Highlander’s Bar located at Clarke Quay. 24 lovely boys and girls from the class of 2007 – more than 2/3 of the class enrolment - turned up! 3 of our favourite staff from the FST programme – Prof. Zhou, Chooi Lan and Huey Lee also took time off to grace the event. The party was kick-started by our very own, tall, gorgeous and enthusiastic emcee, Christine, and the usual photo-taking and toasting took place amidst the delicious food that was served. Of course, there were also many fun games that I am sure everybody enjoyed. The in-charge of the Baby Photo Guessing game did a great job by putting up baby photos which were not that easy to recognize. In some of the photos, we could not even tell whether the baby is a boy or girl, ha! Another game, Charades, prompted participation from the people present. Prof. Zhou was invited to take part in the game, where the participants who were supposed to act out the words did a relatively good job, though sometimes embarrassing themselves a bit, but all in good grace. And who can forget the ultimate bonding game, where phrases that describe a particular person were flashed on the powerpoint screen, and people were supposed to guess who the phrases were referring to? This game clearly allowed everyone to know one another better – now we know who has the most contagious laughter, who appears to be able to speak fluent Cantonese when all she knows is only one line of it, and who has a thing for African guys with “thick and sexy lips”. The event culminated in a tear-jerking video-clip done by the remarkable video team – photos dating back from year 1 all the way to year 3 were collected and presented in the clip, invoking feelings of nostalgia and reminiscence. Individuals were also not shy to express their heartfelt thanks to fellow course mates and the FST staff through the clip. On that very night, all of us celebrated the event in good spirits just like a family.

Graduation Dinner 2007 @ Highlander Bar
Throughout the 3 years, all of us had gone through thick and thin together. This graduation dinner, which was organized especially just for my fellow FST course-mates, not only had the aim of celebrating the years we had spent together, but also targeted to reinforce the bond that had been forged among us. I hope that this bond will continue to stay strong even after we have graduated, found jobs, married and settled down. I know that FST will make this happen, through the regular Chinese New Year reunion parties, Family Day gatherings and such. Therefore, I would like to thank the NUS FST Programme for making everything possible, for building a very close-knit FST family, and for maintaining this family. I represent everybody from the 04/05 cohort to express our very heartfelt “Thank You”.

With Love,
Liyun
2004/2005 cohort
organising committee had decided that we should try out a new venue. The final decision was to have a bowling competition followed by a sumptuous halal dinner at Yishun Safra.

The Gathering was held on September 19, 2007 from 2:30 p.m. to 8:30 p.m. The event was a huge success with about 110 participants. Lecturers such as Prof. Zhou, Prof. Huang and Prof. Hanny were there to show their greatest support by taking part in the bowling competition and joining us for the dinner. From the bowling games, we were also able to witness the hidden talent of these lecturers, especially Prof. Zhou who hit a high score of 130 for the 1st game.

To make the bowling games even more interesting, we allocated prizes for the following categories:

1) Highest Score, Male and Female
2) Highest Score Group,
3) Most Number of Strikes, Male and Female
4) Most Stylist Bowler, Male and Female
5) Mystery prize, rewarding the most supporting bowler

The winners for the above categories were:

1) Highest Score Male and Most Number of Strikes Male: Eric See from Year 99
2) Highest Score Male and Most Number of Strikes Female: Grace Tan from Year 05
3) Highest Group Score: Team 2 (mainly from Year 00) consist of Prof. Zhou, Wai Chin, Yee Soon, Melvin, Jaime, Yeting and Daniel Chia
4) Most Stylist Bowler Male: Herman from year 07
5) Most Stylist Bowler Female: Lu Shi Jia from year 06
6) Most Supporting Bowler: Sarah from year 07

After the fun-filled bowling games, the whole group of us adjourned to the function room where we enjoyed a sumptuous halal dinner. To end the wonderful evening, Prof. Zhou and Dr. Lena Goh were invited to give their speeches before prizes were presented to the winners in the bowling competitions.

The participants had enjoyed themselves and proposed that such event should be organized again in 2008. We believe that this year’s annual gathering was successful in creating an opportunity for the staff of the FST Programme, students and alumni to interact with each other, catch up with some old friends and establish some valuable networking.

Daniel Chia
Vice Chair
NUS FST Alumni Committee
From 21 – 23 August 2007, a number of people from Singapore, including a few students and staff members from the Food Science and Technology Programme of the National University of Singapore, attended the 10th ASEAN Food Conference held in Subang Jaya, Kuala Lumpur, Malaysia. Organized by the Universiti Putra Malaysia, ASEAN COST and FIFSTA as well as other collaborators, this conference attracted more than 900 participants from a total of 38 countries.

One of the several excellent scientific activities carried out this year at the conference was the ASEAN Best Graduate Research Paper Competition. Organized biennially in conjunction with the ASEAN Food Conference, the competition session was carried out in parallel to other oral and poster presentations. The Competition attracted a total of six postgraduate students from Indonesia, Malaysia, Philippines, Singapore, Thailand and Vietnam, respectively. Miss. Sun Cuilian, the representative for Singapore, presented a paper entitled “Migration of Toxic Contaminants from Canned Lacquers”.

From the various topics discussed in detail during the Best Graduate Research Paper Competition, had provided a forum for postgraduate students to exchange information, and stimulated the interest in research related to food science and technology. The opportunity given to all the participating food science and technology postgraduate students studying in the ASEAN universities to organize and present original research papers was also greatly appreciated. Financial support from Singapore Institute of the Food Science and Technology is acknowledged.

Sun Cuilian
Current PhD candidate

Foodgle Hub

Being an FST graduate directs my minds in doing food-related business.

It was in July 2007 when a few partners and I proposed to NUS to take over the air-con canteen at Prince George’s Park Residences. After a few rounds of presentations and negotiations, we clenched the deal with NUS. A lot of work was done in preparation including installing new air conditioners, food hunting, drink stall planning, etc. We finally managed to open Foodgle Hub on October 15, 2007.

Located at the centre of Prince George’s Park Residences, Foodgle Hub brings to you a hub where you can eat, shop and play. The first level, consisting of ten food stalls and 2 push carts, offers an eclectic mixture of delicious Asian and Western cuisines, snacks, desserts and beverages. Some big names even set their branch here. For instance, the famous Niqqi’s Cheese Prata Shop at Pasir Panjang, the prominent western food vendor Astons from Joo Chiat and also internationally-known Indian restaurant Anjappar. The lively second level, entirely run by our own students, provides a home theatre, game zone, café and many shops for your entertainment. Rooms with capacity up to 4 persons are available for rent to play your favourite games with Nintendo Wii and Xbox. You can also catch the latest movies in these cozy rooms. When you get tired of studying, come down for a game of pool or football. All these will be more enjoyable with slurps of bubble tea from Igloo which provides a wide array of beverages and desserts, fulfilling its motto “Life’s Sweet Treats”.

Apart from the exciting concept mentioned, Foodgle Hub is environmentally friendly. In fact, all of the air conditioners used adopt the solar absorption technology. We are planning to bring more go-green movement as part of our social responsibility.

Serving you 7 days a week from 7:30 a.m. to 9:30 p.m., Foodgle Hub always offers good quality food and great service to all of our customers.

Ridwan Natakusuma Malaka
2003/04 Cohort
Snapshots of the Year 2007

P. J. Barlow Book Prize Awardee - Yang Chen

Nestle Scholarship Awardee - Jasmine Quek

Givaudan Food Excellence Prize Awardee - Grace Tan Hui Shan

SIFST Best Student Awardee - Ridwan N. Malaka

Firmenich Best Honours Student Awardee - Tang Qian

Thong Siek Food Industry Prize Awardee - Guo Ren

Graduation Day 2007
After more than 3 months of waiting, I finally got my visa to Switzerland in early January, 2007, when I almost gave up my hope at that time. On January 16, I took SIA’s Boeing 777 and arrived at Zurich airport after a tiring 14-hour flight. I changed flight from Zurich to Geneva, and I took a 1st class train to Lausanne—the capital of Olympic and my destination. That was where I spent my next 3.5 months doing IA (or training, as people in Nestle prefer to call).

I had a hard time adjusting myself to the brand-new environment in the cold but beautiful city of Lausanne, just like I first came to Singapore (or even worse). I had to remember a ton of new things in the first few days such as emergency numbers, bus stops, supermarket location, names of colleagues, etc. The worst thing was that many local people here do not speak English as French is their mother tongue! At that time I started to appreciate Singapore’s bilingual system.

Having gone through the initial adapting stage, I was then able to focus on my IA project. I was assigned to the Food Biopolymer group in the research centre and my project was on investigation of the impact of starch particle size on digestion kinetics. It was a pretty challenging yet fascinating topic. My supervisor was a junior researcher from Germany-Dr. Lehmann (we call her Undine). She was a very adorable person, easy-going, thoughtful, competent and responsible as any typical German. Throughout my IA, she gave me endless help, both on my work and personal life.

To accomplish my project, I worked very hard everyday. Frankly speaking, that was the second most tiring period in my life (the first one was preparation for college entrance examination). Sometimes I had to pipette continuously for more than 1 hour, with a demand for high accuracy! As doing any research, there were always unexpected problems throughout my project, ranging from machine breakdown, overestimation of machine capacity and unsatisfactory results. Fortunately, with the help of my supervisor, I managed to solve most of the problems and delivered good results at the end. In my last two weeks of IA, I was devoted to writing report and preparing for final presentation. On the day of presentation, 17 group members were present, more than half of whom were experienced scientists. You can imagine how nervous I was at that time! To melt the intense atmosphere, I started with a French greeting: bonjour! It magically worked: all the people laughed and applauded. That made me feel much better and the presentation was smoothly delivered. It was a happy ending: my boss praised me for my good work and I awarded myself with the most expensive dessert at the staff cafeteria.

Life in Switzerland was colourful, especially for a student who never stepped his feet out of Asia before. During my IA, I always travelled to somewhere every weekend, which include a famous ancient city like Luzern, a peaceful town lies beside Lake Geneva, like Vevey, or the world-famous white Alps. However, my favourite with no doubt goes to the charming Paris. It
IA at Nestle Research Centre... Cont’d

is simply magnificent. The next thing that I loved while travelling was making new friends. At the end of my IA, I had friends from France, Australia, Brazil, Germany, Italy, Canada, Vietnam, China and of course Switzerland!

I know it was pretty challenging, but I am still tempted to summarise my IA at Nestle Research Centre as a most intensive learning process, a good gateway to scientific research, a great exposure to European cultures and an opportunity to get to know Switzerland with an unforgettable experience.

Guo Ren
2004/2005 cohort

The 5th Singapore International Chemistry Conference, December 2007 (SICC-5)

The 5th Singapore International Chemistry Conference was held from the 16th to the 19th of December 2007 at the Suntec Singapore International Convention and Exhibition Centre. This biannual event sprouted as a modest sapling from the National University of Singapore in the year 1999 and had grown all the way into a mighty Oak tree by the year 2007 with many foreign delegates joining in from all around the world. The event consisted of 6 symposia and was held concurrently with the Asia-Pacific International Symposium on Microscale Separation and Analysis (APCE 2007). Following the tradition, a chemical education workshop was carried out on the final day of the conference. In addition a Goh Suat Hong commemorative symposium which was a dedication to Prof Goh Suat Hong of NUS to mark his retirement from his distinguished academic career was specially included. In brief, the conference was a spirited event consisting of more than chemistry-related activities.

A separate symposium for Food Chemistry was allocated this year. Dr Huang was the chair-person of this symposium and Dr Leong and Prof Zhou were the co-chairs. The theme of the symposium was ‘food micronutrients’ and covered the areas of analytical, physical and biological chemistry aspects of food micronutrients, flavours and aromas, and food toxicants, which simply were the research areas in which many of us are working on in the FST programme.

Many of the Honours students, nearly all postgraduates and teaching staff of our programme were given the opportunity to present their respective research work at this symposium either in the form of oral or poster presentation. In addition, key personnel from the food industry such as Mr Willi Grab from Givaudan and Dr Ronald Prior from the
US Department of Agriculture, as well as significant persons who have contributed immensely to food-related research such as Prof Terry E. Acree from Cornell University (US), Dr Rao Pingfan from Fuzhou University (China) and Prof Bronek Wedzicha from Leeds University (UK) made appealing and motivating presentations at the symposium.

Some of the senior postgraduate students in our FST programme gave oral presentations at the symposium, namely Chen Wei, Shengbao, Yeting, Li Lu, Zhang Wei, Jorry, Shen Siung and Debbie.

Cont’d on page 11
The rest of the postgraduates presented their research during the poster session which was held on the final day of the symposium. Prizes were given out to the three best posters being displayed during this session. It was a noteworthy achievement that two of these awards were won by Vidu (poster topic: *Scutellaria baicalensis* enhances the antioxidant and anti-diabetic activity of metformin) and Mia (poster topic: Antioxidants and Phenolic Profiles of Mulberry Fruits) of our FST Programme.

In summary, as SICC-5 participants from the FST programme, this conference was a memorable event for every one of us whether it be an Honours or postgraduate student or a member of the FST staff (photographs taken during this event hold evidence to this statement!). We are looking forward to SICC-6 in 2009 and hope to have much more fun during that event as well!

*The two award-winning ladies (on the left: Viduranga Yashasvi Waisundara and on the right: Mia Isabelle) of the poster session with their supervisor Dr. Huang Dejian*

Viduranga Y. Waisundara, current PhD. student  
& Mia Isabelle 2003/04 cohort

*She Fought the Good Fight………*

Mrs Jill Barlow was called home to be with the lord on Nov 23, 2007 after a long and courageous fight with cancer.

~ Dearly missed and fondly remembered by all ~
Upon graduation from our Food Science and Technology Programme, a few of us chose to pursue a Master degree in Nutrition and Dietetics. This not only expands our knowledge in food and nutrition but also allows us to pursue a career as a dietician. Currently there are five of us in Flinders University doing this course. Four of us (Jing Hui, Siew Li and myself from the '06 batch and Charlotte from the '05 batch) will be starting our year 2 course whereas Suyi from the '07 batch will be commencing her year 1 course this year. Liyan from the '05 batch just graduated last year and she did extremely well in the course in her 2.5 years of study. Basically the Master program lasts for two years but we need to do a half year of bridging program to make up for the biochemistry and physiology modules that we’ve missed out in our undergraduate study. You might have the impression that life would be quite easy and relaxing in overseas universities but you are wrong. Life has been pretty hectic in the first year of the Master program as we have to finish all the core modules in a year. It is equally competitive over here as we are competing against the top local students. After the busy first year, we will spend most of this year on clinical, community and food service placements; and also on doing research. Some of us will be doing our placements back in one of the National Healthcare Group’s hospitals whereas the others will be staying in Australia for our placements. So hopefully we will all graduate from this course as practicing dieticians.

For those who are interested in pursuing a similar degree, do look out for all the available options.

Ong Sik Yin
2003/2004 cohort

Report on the Undergraduate Quiz Bowl Competition at the 10th ASEAN Food

SIFST participated in the inaugural ASEAN Undergraduate Quiz Bowl Competition at the 10th ASEAN Food Conference held in August 2007 in Kuala Lumpur, Malaysia. The Singapore team was selected in the inaugural SIFST Quiz Bowl Competition held at NUS on August 11, 2007. The team members were Miss. Siti Nafisah Bte Mohamed Noor (Temasek Polytechnic), Miss. Yin Yanjing (NUS), Miss. Sun Yuting (NUS), and Mr. Ridwan Natakusuma Malaka (NUS).

The questions posted in the Quiz Bowl covered various aspects of food science and technology including food microbiology, food safety, food processing, food enzymology, food packaging, food engineering and food chemistry. There were two rounds in the Competition. In the first round the questions were relatively easier. Each team was given 30 seconds for working out an answer. The Philippine MC demonstrated good toastmaster skills, as everybody including the audience was highly involved in every question. In the second round, more difficult questions were given and the time allowed for each team remained the same, thus the atmosphere became more intense yet highly exciting.

Cont’d on page 13
The 15th of December 2007 came with a sparkling night of Star Dust. For the first time ever, a graduation dinner was held before the Industrial Attachment was over. The cohort of 2005 decided on this very unusual date as we decided that it was more important to maximize attendance rather than to hold the Graduation Night at the end of the third year.

This evening of Star Dust dazzled with many of us turning up in sparkling clothing in Tapestry Room of Bukit Batok Civil Service Club. The brightest “Star” was unanimously voted to be Grace Yip! She turned up in a shimmering gold dress and even did a catwalk for us. Very spontaneous indeed!

The evening began with unceasing flash photography. Next, a touching video about our lives in NUS was screened. Prof. Zhou then addressed us and after a few words from the class representative, Jaime, we kicked off the night with FOOD! There were squid rings, samosas, salad, roasted NZ beef sirloin, honey roasted chicken, baked dory fillet, prawns, Thai pineapple rice, fruits and much more! What’s a dinner involving FOOD Science & Technology students without good food?! Are you drooling yet?

There was food, games, a lucky draw and laughters. However, what was really distinctive about this Graduation Night were the performances from our very own talented classmates. Weiwei performed magic tricks for us and even managed to turn Prof. Zhou into a magician as well!!! Denise amazed us with an energetic Taekwondo display and enchanted us by playing the gu-zheng.

The highlight of the night was when Huey Lee, Chooi Lan and Prof Zhou were decorated in accessories in amazingly short period of time. The goal was to have the greatest amount of accessories worn. Everyone raced to remove jewellery, watches, hair clips, etc. and placed it on their representative! In another round, each team’s representative had to compete to see who could hold the longest breath. They were tasked to say the longest “Ahhhhhh...” and that was simply hilarious! There were lots of cheering for these and other games and we were such a rowdy lot – a symptom of breaking free from the examinations.

This memorable night ended on a high note with everyone leaving with a gleeful expression, yet with the silent realization that such moments together might be rare in future, leaving us to linger around long after the official programme had ended.

Jaime Koh
2005/06 Cohort
On December 12, 2007, 18 participants successfully completed a 2-days Workshop on Plastic Packaging and Shelf Life. Held in S16-04-31, it was organised by NUS FST aiming to provide an in-depth and tailored content for professionals in food packaging.

The Workshop focused on the principle, properties, processing methods, deteriorative reactions, packaging design and materials selections as related to plastic packaging. The enrolment was overwhelming but only a class size of 18 was accepted for better interaction and personal coaching.

The instructor was Dr. Gordon Robertson, a world famous expert in Food Packaging. He was Foundation Professor of Packaging Technology at Massey University for 21 years. He then joined Tetra Pak in Asia for 11 years and is currently an Adjunct Professor at The University of Queensland and a consultant in food packaging.

From the feedback collated, 89% agreed that the workshop content was useful and 78% thought the fee of $877 was reasonable. From the 18 respondents, 95% of the participants rated good or excellent for overall impression of the workshop.

Lee Chooi Lan

Editor’s Say
January 2008 Issue 6

For our FST family, the past one year could be best described as a very eventful year. This is well reflected by various articles and reports in this issue of The Pineapple, which also clearly show that the FST alumni society has become stronger and more active.

It is always my great pleasure to report on the growth of the FST Programme. With the arrival of Associate Professor Dr Thomas Walczyk from Switzerland in July 2007 and the soon arrival of Assistant Professor Dr Liu Shao Quan from New Zealand, the number of academic staff in FST reaches seven. In addition, we have appointed two adjunct staff: Adjunct Assistant Professor Dr Peter Ong and Adjunct Professor Dr Lien Wen Sze. Furthermore, I am very pleased to report the promotion of Dr Leong Lai Peng to Senior Lecturer. With these appointments and promotion, the strength of the FST team is at record high.

Looking ahead, our undergraduate student intake will be increased to 50 in AY 2008/2009. Meanwhile, EDB announced last week that this year Singapore is targeting at an even higher fixed asset investments in the manufacturing and services sectors, in comparison to last year’s already impressive total of $17.2 billion – of which $16.1 billion was in the manufacturing sector. With a forecast of $12-14 billion in value-added to the national economy and 16,000-19,000 skilled jobs created in year 2008 from the sectors, a strong and healthy growth of the food industry in Singapore should lie ahead.

The Year of the Rat is just around the corner. According to the Chinese calendar, this is the first year of a 12-year cycle, signifying a new beginning of life with prosperity.

Best wishes to all for a prosperous year with good health, wealth and happiness!

Dr. ZHOU Weibiao
Director, Food Science and Technology Programme

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