The Pineapple

Bringing You Updates on the FST Family!

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Est. 1999
NUS Food Science and Technology Programme’s
Mission: Nurturing future leaders in food industry and enhancing well-being of the community

Started: 2003
The Pineapple is an annual publication highlighting the events and achievements of the society and the

Founded 2009
The FST Society organizes welfare-related events to boost the morale of our members, bond Food Science staff and students across all levels and ages, and to promote the programme and interest in Food Science to the university and general public.

Prepared by: Lim Jie Ai
Publications Director
7th NUS Food Science Society
President’s Message

Dear FST friends and alumni,

I would like to express my deep gratitude towards the FST community and our student advisor, Ms. Lee Chooi Lan for giving me this privilege and opportunity to serve the FST Society as the President. The Pineapple Issue is our annual newsletter which brings to you all the greatest happenings in the FST programme.

The 7th FST Society EXCO motto is “Bringing the Bread and Butter to You”. We aim to bring more meaningful and enjoyable events not only to the FST community but to all NUS students beyond the FST programme. In 2015, our very first Mid-Autumn Festival and Halloween events were both great successes in creating opportunities for the students to gather and have fun with friends.

This year, our annual events such as Ice Cream Making and Baking Course (ICMB), NUS Open House, Science Open House and Science Day will incorporate even more creative and fun ideas to introduce food science to everyone.

The 7th FST Society Exco would like to thank you for the past support. Do look forward to the upcoming events as we bring you more “bread and butter” in year 2016! We wish you a fruitful year ahead!

Yours Sincerely,

Hoong Qi Rong
President
7th NUS FST Society EXCO AY15/16

Our Vision
To be an inclusive institution which enhances the welfare of every member in the society.

Our Motto
Bringing the Bread and Butter to You

Our Mission
- To bond members of the FST community.
- To bring more fun activities for everyone.
- To reach out to all NUS students in various events.
In January 2015, during the first three weeks of semester two, the 6th FST Society held its largest Ice Cream Making and Baking (ICMB) session! There were 3 Saturday workshops in total and more than 100 participants from different faculties - Science, Arts & Social Science, Engineering, Business and even from the Bukit Timah Campus came down to the FST food lab! ICMB is not a new event but it has been carried out for the past few years. Every past ICMB session has been unique as different baking recipes and ice cream flavours have been taught to share the joy of baking and ice cream making with others! This year, participants learnt how to make choux (a French word pronounced like "shoe") pastries, a sweet pizza and a rich chocolate ice cream altogether in each workshop! It was a fun time for both inexperienced and experienced bakers! For some participants, it was thrilling to whisk the mixture of ingredients for the very first time. Everyone certainly enjoyed themselves as they were smiling while they knead their own pizza dough as well as shape and decorate their own pizza with sweet toppings! Finally, after finishing churning the ice cream and baking, it was a delightful feast as everyone tried their own tasty creations! To see more of these tasty creations, check out the FST society Facebook page! Don't miss out the fun at the next ICMB!
It’s another new year and time for a big family gathering once again! The Chinese New Year Reunion dinner was held on the 9 March 2015, at the food lab. There was a wide spread of food laid out at each table for steam boat and with special yusheng ingredients. Some of the traditional ingredients were substituted with salad vegetables. Surprisingly, the outcome of mixing these ingredients during “Lo Hey” turned out to be not so bad after all! During “Lo Hey”, everyone was proclaiming and speaking good wishes over the new year and over their studies! Shouts of “CAP 5” could be heard too!

In addition to the spread on the table, there was also a sumptuous buffet prepared for everyone! Unlike the atmosphere of the lab on every other day, the whole lab was filled with laughter and happy chatter, and sweet aroma of food and friendship. The dinner ended off with a lucky draw and there were 10 lucky winners!

It is surely memorable to come back together to celebrate with friends, juniors, seniors and teachers with a delicious dinner! Mark down the next CNY dinner on your calendars next year and do bring some good food and/or fellow FST mate! May you have a prosperous and happy year ahead!
On September 4, 2015, the Annual General Meeting installed the 7th Food Science Society Executive Committee for AY 2015/2016. We thank the previous committee for their hard work and dedication and look forward to an exciting new year!

Back Row (left to right): Yew Jiaii (EXCO Member); Jasmine Teo Si Gek (EXCO Member); Victoria Lim Si En (EXCO Member); Andrea Koo Wanqi (Vice President, Internal); Lim Jie Ai (Publications Director); Aileen Pua Yi-Lin (Vice President, External); Linh Nguyen Thuy (Marketing Director); Nicole Kuan Jing Yi (Hon Gen Treasurer)

Front Row (left to right): Teo Qi (Public Relations Director); Hoong Qi Rong (President); Tang Ming Kit (Logistics Director); Wang Yi Jie (EXCO Member); Josephine Phang Shu Fen (Hon Gen Secretary); Cai Wendi (EXCO Member)
NUS FST Freshmen Orientation Camp 2015
Battle of the Food Elites: Gotta Eat ‘Em All

By: Lim Jie Ai

“Be the Food Elite: Gotta Eat Em’ All!” In August 5th to 6th 2015, the batch of FST AY15/16 freshmen were welcomed into the FST Community via the FST Freshmen Orientation Camp 2015. The goal of the Pokemon-themed 2 days-1 night camp was to foster interaction among freshies and allow them to build lifelong friendships. Freshmen were divided into three Orientation Group (OG) and transformed into Food Monster Trainers. Their goal was to battle Snorlax, the bad monster who is threatening the world with a famine by eating up all the food in the world. In the first day, the OGs named SQUIRTER, CHARMANDO and PAOBASAURS underwent “training” in the dry games and missions to become stronger. They evolved into stronger SOUPER TLE, CHARMENDO and DUMPLISAUR. They were ready to find Snorlax in his stronghold Diglett Cave in the exciting Night Escape Room Game!
On the second day, the teams played Amazing Race spanning Utown, Science and Multi-Purpose Sports Hall. After wet games, they further evolved into the powerful MELONTOISE, CHARIDO and BURGERSAUR! They were finally strong enough to battle SNORLAX!

The secret to capturing Snorlax was finally revealed with the MasterBall, to be given to the Strongest Food Trainer. In the Finale Showdown Arena, the teams battled it out in an intense competition involving both strategy and luck. The winning team was finally able break the spell behind Snorlax.

Photo Credits: Special thanks to our Photographers: Abigail Lai, Adeline Ng, Geraldine Lim, Lim Hongwei
Amidst a slew of midterms, members of the FST community found some time to gather and celebrate Mid-Autumn Festival on the 29th of September. Though the haze did not let up, spirits were not dampened and the festivities were held indoors. Mooncakes and tea were enjoyed by participants, and games such as Mid-Autumn-themed charades and riddles brought much laughter to everyone. The event ended off with multiple sizzles as participants took joy in lighting and swinging around sparklers, creating patterns and taking cool photos. The entire event spanned merely two hours, but everyone left with smiles and pleasant memories.

By: Jasmine Teo
By: Teo Qi

The annual FST day was held at East Coast Park on 10 Oct 2015 under the breezy wind on a cosy, cloudy late afternoon. FST day is organized by the FST EXCO and is a meaningful occasion where our community, including students, lecturers, staffs and family members bond together. We all had a spectacular time playing games, savouring the delectable BBQ food (all thanks to BBQHouse), and of course, playing captain ball in the dark under the dull lighting. Imagine catching the ball by solely relying on our 6th sense, but some of the FST team mates are clearly not intimidated by the dark and played like professionals (including Dr Yang Hongshun who relentlessly helped the team to score a lot of goals). FST Day at East Coast Park was a new experience for us and we were definitely grateful for the pleasant weather on this day amidst the haze season. We were also glad that there were ample amount of food for everyone, with food like satays, otah sticks, cheezy tofu, chicken wings and drumlets. We also had lucky draw where everyone anticipated their chance of winning the much awaited NTUC vouchers. Congratulations to our winners: Miss Lee Simin, Chan Jiaxin and Andrea Koo Wanqi! Look forward to an even more exciting FST day in 2016!
FST Halloween Night 2015

By: Tang Ming Kit

On 30th October, a regular lecture room was converted into an activity room for the FST Halloween Night. The event was catered to the FST community with the idea of celebrating the festival of horror and mischief without the use of extreme fear factors.

Upon entering the room, the Halloween banner and paper bats on the wall greeted the visitors. From miniature scythe to devil horns headbands, numerous props were available for photo taking at the photo booth. In a stone throw away, the Trick and Treat table awaited to serve savoury snacks and drinks, which were well-portioned and decorated. Participants were then invited to their seats for the start of the programme. Short horror video clips were played to set the mood and then came the mind boggling riddles. Participants were actively engaged in riddle solving. The 2.5 hour event ended in a comfortable ambience and delightful tone.
By: Charmaine Lee

Happening just a few weeks after our graduation ceremony, the food science class of 2011/12 gathered together once again to celebrate the end of our undergraduate studies. Graduation night for our batch was a ‘chill’ affair – just a simple get together among friends over dinner. Despite everyone’s busy work and travel schedule, most of the batch managed to find time to gather for dinner. The event was also graced by our lecturers Dr Huang, Dr Leong, Dr Liu, Dr Yang and the FST staff Chooi Lan, Huey Lee and Xiaohui. We met over a Saturday evening on 25th July for a relaxing alfresco dinner at Quentin’s Eurasian Restaurant which is located at a quiet corner in Joo Chiat. It was heart-warming to see everyone again, including those who had already graduated the previous year.
As dinner was buffet style, it was easy for us to mingle around and catch up with each other. Some of us had already started work or further studies and it was exciting to hear about all the different areas that each of us have/ would be venturing into.

The night ended with a photo-taking session and the presentation of the door gifts to all who attended. As food science graduates, what more suitable door gift than a handy portable utensil set? Kudos to Jessica and Meng Guan who thoughtfully designed our door gift! Furthermore, thank you to all who attended the graduation dinner and for making the event such a warm and enjoyable one. Our graduation dinner may have ended but it is definitely not the last we will see of each other. May we continue to remain in close contact for the many years to come and to continue to learn and grow together as we venture into the next phase of our lives!
By: Dr. Yuk Hyun-Gyun

On Friday 21st August, 2015, more than 120 food safety professionals gathered at the National University of Singapore (NUS) lecture theatre to attend a joint symposium organized by the Southeast Asia Association for Food Protection (SEA AFP) and Asia Pacific Institute of Food Professionals (APIFP). This was a first-of-its-kind event, and the speakers and participants all agreed: this was an event worth repeating.

It is crucial to develop stronger regional cooperation and collaboration in order to better comprehend and deal with these challenges. This symposium encouraged future partnership and raised awareness about global food safety and challenges. In addition, this symposium could be one of platforms to communicate with all stakeholders in food safety area and to share information what we have obtained through valuable experiences.

The symposium commenced with Prof. Weibiao Zhou, Director of Food Science and Technology (FST) Program in NUS, welcoming the honored speakers and participants. Prof. William Riley from Jinan University emphasized that at times, consumers may not be the only...
More than 120 food safety professionals in academia and industry attended “Inaugural Asia-Pacific Symposium on Food Safety” at the National University of Singapore on 21st August, 2015.

victims. Food fraud occurrences often risk the reputation of established food industries and the outcome depends on how the issues are handled with different stakeholders.

Dr. Ch’ng Ai Lee from the Agri-food and Veterinary Authority discussed the local situation, challenges and regulator strategies in ensuring food safety. Prof. Ratih Dewanti-Hariyadi of Bogor Agricultural University (Vice President of SEA AFP) shared the new regulation criteria to improve confidence in microbiological food safety in Indonesia.

Dr. Malik Altaf Hussain of Lincoln University discussed and compared microbiological food safety challenges faced by the food industries in Australia and New Zealand. Mr. Patrick Low of Covance Laboratories shared some potential analytical techniques to be utilized for chemical analysis. Lastly, Dr. Hyun-Gyun Yuk, associate professor in NUS FST (President of SEA AFP), presented on his recent research outcomes to prevent foodborne diseases.

The symposium was well attended and well received by the participants. Most of attendees hoped to continue this kind of symposium next year by covering different aspects of food safety challenges.
By: Liu Qin

It has been a great experience attending the IPSFAB 2015 in Mahasarakham, Thailand, this August, where I met many experts in Food Science and Biotechnology, and intelligent international colleagues. I really appreciated that I got the chance to attend the conference. I think this conference was very well organized and very successful.

The first days' trip in Mahasarakham was interesting and meaningful for me as it was my first time to visit the Thailand but also to attend such a great conference. On the first day, volunteer took us to visit the temples. I can still feel the city is full of culture, history and memorial when I was visiting some famous attractions. This was a great opportunity for me to interact with other distinguished members. Meanwhile, it was wonderful to talk with the Prof M.L. Chye and Dr. Vijitra and nice people at both the touring and welcome session. Special thanks to Dr. Vijitra for her kind consideration and schedule for us. I was proud of being part of this great organization and the excellent information professionals helped me gain the experience that is helpful and important. At the opening session of the conference, I felt inspired by a series of professional talk in various fields for their numerous contributions. The opening ceremony began with the report speech by Dean of
Faculty of Technology, Assoc. Prof. Dr. Anuchita Moongngram followed by the opening speech by the President of Mahasarakham University, Prof. Dr. Preecha Prathepha. The hosts of the event Dr. Surasak Boontang and Dr. Vijitra Luangin then welcome the attendants and invited Prof. M.L.Chye, from Hong Kong University, Prof. Kishio Hatai, from Uvrieristy Malaysia Sabah and Prof. Ian Warrington, from Massey university, Palmerston North, New Zealand.

The conference was filled with interesting talks and stimulating discussions, which was a step forward in strengthening research and academic communities. During the Q&A session of each talk, professors provided lots of tips and tricks to the presenter. A great lesson I learned is to delivery and voice the work in a coherent and convincing way to make sure the story is short but makes sense. Throughout the conference I learned how to present both my work, and myself. I heard about various inspiring projects, I met many interesting people working on food science. During the evening reception was also a great way to connect with students from other universities and share our experiences of the conference day.

I would like to extend my appreciation to the IPSFAB for giving me this great honor and for making this trip possible. I enjoyed interesting sightseeing and delicious Thailand meals. This experience of attending the 2nd IPSFAB will become an invaluable treasure of memory to be cherished in my life. I am looking forward to meeting you some day in the future!
I felt that the Hokkaido-NUS Summer Programme had been a huge success made memorable by all—professors, faculty staff, students and everyone who was involved. Personally, this summer programme had broadened my perspectives and clarified some of my misunderstandings about how Hokkaido (or Japan in general) manages their seafood—from harvest to retail—through their laws and management policies. What I felt was unique about this summer programme, more so as it was my first as an undergraduate, was the number of field trips we had throughout the curriculum. We had a field trip almost every other day during the weeks we had classes, so it felt a little as though there were barely any lessons at all. Also, how often do you actually get to set foot into fisheries and food production facilities, provided you are on official business. This was another factor that piqued my interest throughout the course.

Essentially, through the course of this experiential programme, we got to know more about the workings behind the fish on our plates.

Should I be asked to highlight a specific activity during my time in Hakodate, it would be very difficult. However, what I felt was more significant and thankful for would be the hospitality we received from the students from Hokkaido University—it
was them who made us feel as though we had known them for a very long time, even though it was only a week.

Some of the field trips in Singapore included visits to the Agri-food and Veterinary Authority of Singapore (AVA) Marine Aquaculture Centre on St. John’s Island and the Marine Fisheries Department in Lim Chu Kang, as well as Jurong Fishing Port. These field trips have reminded us about the vulnerability of Singapore in terms of food security, as well as reinforced the direction that Singapore has driven its policies to curb this through various measures such as aquaculture (to promote self-sustainability) and diversifying its food sources (to reduce reliance on a single source).
Innsbruck. I will not know of this gem in the Alps if not because of my exchange programme to Management Center Innsbruck (MCI). Studying food science at a Management Center? Yes, I know it sounds weird but the Food and Bioresource Technology programme in MCI has a similar curriculum as that of NUS FST. I am really grateful for this experience and I think that you should go for any overseas exposure programme if you have the chance because you will definitely learn something from it. I feel that the exchange programme does not only give me a broader and different view academically but also allows me to grow personally and value the simple things in life more.

In the first few weeks when I came to Innsbruck, I feel very uneasy by how relaxed people are and how slow the pace of life here compared to Singapore. Being used to a packed schedule from morning until night, I feel weird to have so much free time and I find myself looking for new hobbies. I started to cook, bake and in the end I took up skiing as a hobby. Although I started cooking because of necessity (eating out in Austria is just too expensive), I started to enjoy it. Finding new recipe online, trying it out and experimenting with it becomes one of my favourite pastime. When winter came, I started to go for skiing lessons and since then, I go for skiing at least once a week. I admit that skiing is not an easy sport but it is a very fun and challenging sport which I will never have the chance to do in Singapore. Luckily, Innsbruck is located near a lot of mountains and therefore, I am spoiled with choices of ski slopes! The exchange program has provided me the chance and time to try out and learn new things and I encourage all of you to find the time to learn something new this coming year.
I assure you that you will find this very fulfilling because how long has it been since you really try and challenge yourself with new things? On top of that, I like how things are approached more practically here in MCI. Lecturers who are experts in their field are invited to teach and give us valuable insights and real life experience of the specific industry. I think there is also more hands-on experience in the courses. When we were learning about coffee, the teacher brought real coffee beans, espresso machine and teach us how to determine defects in coffee beans and do a proper coffee tasting. When we were learning about meat processing, the teacher brought different types of speck, sausages and hams to class for us to examine (and taste). What I find great is that we have much more freedom here to pursue what we are interested in. For example, in one of the laboratory courses, we can choose what we want to do, what we want to research on and conduct the experiment freely. This is very different from the systematic system with little room of freedom for laboratory courses in NUS.

Obviously, travelling around Europe is one of my goals while I am on this exchange program. The culture, the food, the people, the scenery and the arts are so enriching whenever you visit a city or a country different from your own. Now, I realise that travelling is actually not just sightseeing, it is a journey that develops you internally and also interpersonally. Travelling is a learning process in which you know yourself a little bit more. It teaches you to handle stress better, be prepared and planned but also flexible, be more considerate, understanding and also more courageous. I travelled a lot, almost on every long weekend that I have, but I feel that it is all worth it.

All in all, I wish anyone of you who are going for any overseas programme a fulfilling and enjoyable experience. Delve into the local culture, learn simple native language phrases and get used to their quirks but of course, you do not need to force yourself to follow everything that they do. I will definitely miss Innsbruck for its picture-perfect scenery of the Alpine mountains but I will miss the friends I share these memories with even more. I am really grateful to go for this exchange program and that it will never come again is what makes this experience so precious.
I was on exchange in Vancouver, Canada in the University of British Columbia (UBC). I chose it mainly because it had an established Food Science and Technology Program (FST) which was the major I belonged in. The school life in Vancouver is rather similar to NUS. There were lectures, tutorials and lab sessions to attend. The classroom and lab sizes were pretty much the same as in NUS too. An average weekday would consist of waking up, attending classes and coming back home to do the necessary school work. One difference for me, having never stayed on campus until then, was that I had to cook my own meals because the prices of food outside was rather expensive. (CND$7 for a plate of rice with some dishes). The residence I stayed in, Walter Gage Residence, was very comfortable. It was well-equipped to allow me to cook, to do my laundry and to basically carry out the chores I needed to do. In our free time, there is even a commons area where we got to interact with people living in the residence with us.

On the weekends, we often looked for things outside of school to do. Vancouver is not the most tourist friendly place in the world. However, it was very scenic. There were many mountains, lakes and beaches that were relatively near to us. (About an hour’s commute) and some further places that required a car rental. It might sound cliché but visiting these places allowed me to reconnect with nature. It is really a far cry from the metropolitan city I am used to. The reason why UBC had such an established FST program was because they were very big on sustainability, enabling people to have a high quality of life without comprising the environment. They invested in research areas like food and agricultural economics for that purpose. And the reason for their goals were visible to me on such trips. If we did not support such research, a long term...
consequence would be the loss of such natural beauty. However, through all these reflections, the fun of such hikes were not lost on me. It was extremely satisfying to complete the hikes because many of them were challenging and pushed me to my physical limits. And at the end, there was usually some reward, a picturesque view or something else all together (refer to photo).

We also left Vancouver when there were longer holidays like Thanksgiving. We went to Seattle, Portland, the Rockies and Yellowknife. The Rockies trip was particularly memorable, firstly, because most of the people on the bus ride came from UBC or on exchange at UBC. Hence, we made a lot of new friends on the trip too. Secondly, the scenery was amazing, which was not surprising because it is world-famous. Pristine lakes and snow-capped mountains could be seen everywhere you looked on the bus. Another memorable trip was at Yellowknife. The temperature there was freezing, close to -25 degrees Celsius at night. Any part of our body that was not wrapped up instantly felt numb. Needless to say, I lost all sensation in my fingertips a couple of times taking off my gloves to use my phone camera. The reason that we braved the cold was to see the Northern Lights, another one of nature’s wonders that we as Singaporeans have heard of but never thought we would get a chance to see. I was slightly disappointed that it did not look anything like the photos, because it was common for the photographer to employ techniques like long exposure to capture the green lights. They were white with a slight tinge of green, sort of like wavy clouds in the night sky. However, the photos that we got were amazing. There were other things to do in Yellowknife, like dog sledding and icefishing, all activities that I never imagined in my whole life that I would be doing.

All in all, it was really a magical four months away from home. When I first decided to go on exchange, I knew it was going to be something special. However, I did not expect it to be so life-changing. I saw and did so many things that I did not expect to have done my entire life. It was also a good break from NUS life, not having to worry too much about academics, which allowed me to reevaluate my choice to be in the FST program. It left me refreshed and recharged, ready to start my next semester in NUS.
Student Achievement Awards
AY2014/2015

Andrea Koo Wanqi
P.J. Barlow Book Prize

Teo Qi
Fraser & Neave, Limited
Scholarship AY2105-2017

Chan Mei Zhi Alcine Givaudan
Food Excellent Prize

Karmaine Kong
KH Roberts Prize
Student Achievement Awards AY2014/2015

Ong Yi Lin
Lijen Industrial Development Medal

Tay Geng Yu: Firmenich Best Honours Student Award

Koh Hui Si Audrey
SIFST Student Award

Wang Chenhui
Outstanding Undergraduate Researcher Prize Ay2014-2015

Sui Xiaonan and Yang Yishan
FST Outstanding Graduate Research Award 2015
Sneak Preview!

Catch Updates on the Upcoming Exciting Events in the Following Issue!

- Jan: ICMB 2016
- Feb: CNY Reunion 2016
- Feb: Valentines Day Booth
- March: Science Day with FST
- May: Science Open House
- July: Academic Briefing Day
- Aug: FST Orientation Camp 2016