On the 29th October 2010, the NUS FST community came together to celebrate Halloween. It was the first time a Halloween-themed gathering was organized, and it was heartening to see many turning up despite tight schedules and approaching examinations. The celebration was held at the combined S16 04-30/04-31 classrooms which were done up with ghoulish décors, eerie music, and spooky lighting to create the haunted atmosphere. From the majestic ‘Hell’s gate’ entrance, to the jack-O-lanterns, vampire bats, tarantulas, spidery cobwebs and grotesque corpses which dangled from the ceiling, it was a truly frightful experience. Despite the morbidity of it all, from the squeals of surprise and peals of laughter that could be heard, it was no doubt that everyone who participated had great fun.

The event started off with a bang as our emcees, Pei Yi and Jonathan from Level 1, who entered the room dressed as the undead and immortal respectively, addressed the crowd. The participants, who were divided into 4 different groups during registration previously, were entertained by scary stories and gruesome jokes, and everyone enthusiastically mingled with their group members. There were also interim photo-taking sessions in which participants could choose to have photos of themselves snapped with their favourite ghostly character. After everyone had warmed up to the atmosphere, the games kicked off to a start.

First up, the 4 groups were treated to a game of ‘Mummy Wrap’. All 4 groups were only given toilet rolls and a stipulated amount of time to decorate their selected ‘mummy’ in any way which they thought would create the ‘sturdiest mummy’. Following that, the 4 representative ‘mummies’ were to hop across the length of the room, and the ‘mummy’ with most toilet paper left on them won. It was hilarious and everyone played a part in this by cheering their own ‘mummy’ on. The second highlight of the event was the ‘Lucky Draw’, whereby each group sent two of their members to retrieve a note from an apple which provided a clue as to where they could find a watermelon hidden in creepy locations within Science Faculty, each watermelon with its own creepy tale of the owner. Locations included a secluded level 5 and 6 toilets, an alleyway along the dark steps of Science Faculty, and a dimly lit area outside the NUS Co-Op. When all 4 groups had solved the mystery, they were given the challenge of designing the scariest watermelon carving. Teamwork really shone through as group members helped one another, discussed the possible strategies, and competed with the other groups for the best watermelon carving.

After the tiring activity of carving watermelons, it was finally re-
freshment time! Blood-red juices served in test-tubes ala mad-scientist style, hot dogs, muffins and nuggets amongst other finger foods were definitely palate pleasers. During the refreshment time, everyone interacted in the vibrant atmosphere, and the party mood was in full swing. Then came the time for the individual groups to present their watermelons, and each group had to do a catwalk followed by an explanation of their masterpiece. All 4 groups came up with interesting and humorous descriptions and the crowd roared with laughter.

When the results were announced, every group was a winner, taking home a little something as a token of appreciation. But the most important thing remained as that all those who attended thoroughly enjoyed themselves and made new friends. It was indeed heartwarming to see FST students from all levels getting together and having a great time. Let the FST spirit continue!

Leong Ai Ling

It’s Reunion Time!

On 26th February 2010, the Food Science and Technology (FST) community ushered in the roaring year of Tiger with a blast of festive music at the Student’s Hub. The Chinese New Year Reunion Dinner has been a traditional event for the FST family where students and staff from past and present gather and catch up with each other. Familiar faces from the FST Programme like Prof. Huang, Dr. Leong, Dr. Liu, Dr. Yuk were spotted and many others were seen enjoying themselves chatting with their peers and lecturers. This was also a chance for current undergraduates to meet and network with the alumni.

Around 7pm, majority of the guests were present and our hosts were in position with microphones ready in their hands! The representatives from Year 1, Craig and Esther, were the emcees for the night. Speeches by Prof. Huang and Dr Lena flagged off the event and it then was time for “yusheng” tossing! The crowd gathered with their pair of wooden chopsticks snapping eagerly between their fingers around the “yusheng” specially prepared by the Honours year students. Once the cue was given, auspicious greetings and “yusheng” filled the air with everyone trying to get a piece of the action. Soon after, a sumptuous buffet style dinner was served. Meanwhile, everyone was invited to guess the amount of melon seeds placed in a measuring cylinder and wrote down their answers on the pieces of paper provided. It was captivating to see how some people resorted to pure luck and gave the answer ‘888’ while others were very determined in their mathematical calculations.

After dinner, Ng Kheng Siang, the president of the FST Society conducted the ‘Dressing up game’ where everyone present was divided into four groups and provided with red packets and stationeries. The objective of the game was simple – to choose someone from their group and dress him or her up using the materials provided! It was time to showcase the artistic side of the FST people and after 15 minutes, the four contestants stepped up to the front of the lecture theatre in their fantastic costumes. Each was accompanied by a spokesperson who did a good job in explaining their group’s design. Like any other beauty pageant, where there were judges to determine the winners of the game. Dr Lena, Dr Leong and Ms. Maria evaluated the contestants based upon criteria like redness, creativity and symbolism of the costumes. The game ended in a tie and two groups walked away with a hamper of...
It’s Reunion Time! Cont’d

goodies and snacks. Finally, it was the time that everyone had been waiting for, the revelation of how many melon seeds were there in the measuring cylinder. Prof. Huang was invited to pour out the melon seeds to reveal a piece of paper with ‘847’ written on it. The winner was Yu Peigen with the closest answer of 857 and he walked away with a $10 Cold Storage vouchers.

There were also two runner ups around the wheatgrass cultivating trays and dark mushroom sheds by one of the workers at Kin Yan Agrotech. During the tour, he gave us some insightful information on the growing and sprouting processes of wheatgrass. There were times where he cracked up a joke or two while explaining things to us. It takes only about seven days for wheatgrass to mature from seedling to the stage at which they are ready for harvest. Wheatgrass grows at a phenomenal rate of 1 inch a day! Also, the Golden Spring mushroom with its “seafood sweet” is a very exotic species which requires proper handling during its growth. There was a mini talk where our tour guide expounded on the virtues of the farm produce. I myself had no idea why wheatgrass was touted as a health food until the talk! Apparently since wheatgrass is a sprouting plant, it contains many enzymes beneficial to our health.

After the informative ‘lecture’ by our gracious host on a Saturday afternoon, we were escorted to the farm’s shop corner for a buying spree! The shop boasted products such as fresh and dried mushroom, mushroom and wheatgrass noodles, wheatgrass ice-cream and many others made freshly from its own farm produce. Sampling was available too, with cacti chicken soup as the highlight. In fact, the cactus with its succulent flesh can be washed and eaten raw. There were also a variety of imported products. With special discounts given, it was definitely a good bargain since Chinese New Year was around the corner. Many of the students were spotted buying Kin Yan’s homemade wheatgrass ice creams and taking a break at the shade outside the shop in the ultra-hot weather!

The next and final destination on the list was Jurong Frog Farm, situated at Lim Chu Kang, just a short distance away from Kin Yan Agrotech. We were greeted by two of the owner’s boisterous, gambolling dogs upon alighting. Our large group was split into two smaller groups. My group was ushered into the reception area first,
Farm Visit cont’d

where the farm tour guide played an eight-minute video about the farm’s inception. This frog farm is the main supplier for the island’s frog meat demand. Shortly after, we were brought to the farm and gathered around Ms Chelsea who taught us how to differentiate between the male and female frogs. Male frogs have coloured neck and larger ears, important features for mating. The frogs are bred for their meaty legs! Another part of the female frogs, which are the oviduct, known for good skin can be used to make desserts.

We also got the chance to feed pellets to the frog. These pellets were much easier and cleaner as compared to fleshy meats. At the end of the tour, the students were enjoying fried frog legs sold at the farm.

It was a fun way to start the semester! We look forward to more of such trips in future!

Ong Xue Ting

"It was delightful to see the designs coming in as it was a display of the FST undergraduates’ initiative to contribute in one way or the other to the FST community as well as a showcase of their aesthetic skills.”

To start off the semester with a creative twist, the FST Society conceptualized and spearheaded the ‘FST T-Shirt Design Competition 2010’. This project served to encourage more FST undergraduates to participate in the many activities that the 2nd FST Society Executive Committee organizes, as well as to instil a greater sense of identity among FST undergraduates, staff, and alumni. The Vice President of the 2nd FST Society Committee, Amanda, was the Chief Coordinator of this project. After much discussion and sourcing of suitable vendors, the 2nd FST Society Executive Committee is proud to present our very first FST T-shirt!

The preliminary rounds of the project involved surveying the undergraduates’ preferences to determine the colour, type, and cost of the T-shirt to be designed. The data collated showed an unanimous decision in favour of the FST T-shirt and possible designs which could be used, giving the FST Society a go-ahead signal to carry on with the plan.

The next step of the project was the FST T-Shirt Design Competition which was officially launched on the 21st June 2010. The designs poured in, with examples like the ‘Little Red Riding Hood’, the ‘Black and White Foodie Sketch’, the ‘Classic FST Pineapple Logo’ and the ‘FST Superman’ amongst others. It was delightful to see the designs coming in as it was a display of the FST undergraduates’ initiative to contribute in one way or the other to the FST community, as well as a showcase of their aesthetic skills. The designs submitted were impressive, colourful and innovative. The FST Society had a hard time deciding which design would be chosen to represent the FST community. However, amazing as all the designs were, there could only be one final design chosen. The winning design for the front of the shirt went to Soh Yee Lyn from Level 2 who designed the ‘FST Superman’. This is complemented with the back design of ‘FST Burger’ by Naomi Sim of Level 2.

After much hard work of liaising with external vendors...
and printing of the T-shirts, the FST community finally has our own Tee which would enable us to spot our friends, seniors, juniors, etc cetera from afar! Apart from bonding students from different levels, the Year 1s have even selected a ‘Wear Your FST T Shirt Day’ whereby the entire level will wear their FST Tee to school. Now, that’s a good example to follow. But most importantly, the FST Tee would not have been possible without YOU! So, the FST Society would like to extend a big Thank You to all of you who have supported this project!

Leong Ai Ling

Graduation Dinner 2010 at NUSS Suntec Guild House

I have to admit that organising this event has not been an easy experience, right from the formation of the committee during the crazily busy final weeks of Year 3 Sem. 1, up till the very day of the event. There was strong resistance from our classmates on spending $50 or more each so the pressure was on us to find a good venue that was affordable too.

The task was thus laid down upon the six core members - Anthony, Irene, Jingting, C. Hui Ling, Pooi San and Fenella to source for the venue, plan the program and make it memorable for our class. After viewing various locations like a seafood restaurant and the Mint Museum of Toys, we finally decided on the Guild House at Suntec. Special thanks to Sarah for helping in sourcing the various venues for the dinner.

Subsequently, with ideas to produce a 40-page graduation booklet, we were glad to obtain the help of artistic talents, Vanessa H. and May Ping. We are also deeply grateful to Chooi Lan and the generosity of the Programme in sponsoring us the cost of printing the booklets and part of the dinner.

As the day of the Graduation Dinner drew nearer, specific requests for help from Amelia, Peigen, Kian Wai and Wei Bin were kindly accepted. Just two days before the actual day, we had our meeting with the finalized programme plan and briefed our emcee on her role. Thankfully, our class was blessed with a talented and willing emcee, Joceyln, who displayed her flair for the role by conducting the night like a polished emcee with the personal touch.

To get an idea of how our classmates enjoyed the Graduation Dinner, we interviewed some of them:

Houying: I liked the bingo game! ‘cause it allowed us to discover things that you didn’t know about your friends before. Like having a particular number in the IC or birthdate or number of siblings haha.

Jingting: I liked the idea of the dinner itself, where everyone got together as a class apart from the times we had in school.

Peigen: The voiceovers for the Prof’s messages were quite funny.

Amelia: Because the profs were there and it was obviously not their voices but the distinctive voices of Irene, Anthony and Vanessa. The photo taking session after the dinner was good too, where we got to interact with people we didn’t usually interact much with.

Steffi: Anthony’s ‘Time Machine’ was THE repeated statement of the night and the videos were also quite touching. I could see from the video that the grad committee put in a lot of effort to make them.

Aside from that, the class was thoroughly entertained by games such as charades and ‘Guess who?’, where we had to guess the identities of some of our FST classmates as their pictures were slowly re-
Graduation Dinner 2010 at NUSS Suntec Guild House cont’d

vealed puzzle piece by puzzle piece. It was also exciting when the awards for Best Dressed (Cynthia), Miss Sunshine (Steffi), Miss Smart (Zhujun), Miss Talkative (Houying) and Mr Caring (Peigen) were revealed.

Videos that were painstakingly put together were played, one for each year that we’d spent together as classmates. Pictures from our first two years jolted our memories and brought back many enjoyable moments spent together. When we had finally come to the video of year 3, the pictures of our times spent together at lab, field trips and the frequent NPD meetings stirred up some emotions and emotions. The music was especially befitting for the video as it transitioned from one which was light hearted to one which caused us to reminisce about how we had all taken this journey together, from mere classmates to firm friends.

To round off the night, the class stayed on to hang out for drinks at an Irish bar.

Here are some final words from our Chairperson, Anthony:

The graduation dinner would not have been possible without the help of our classmates. The entire experience was tough but everyone helped us a lot in making this event a memorable one. We also would like to give special thanks to our lecturers who specially wrote messages to our graduating students. Everyone’s contribution to this event is greatly appreciated and we will always be one big FST family even after graduation.

Fenella Teng and Amelia Tan

“FST Orientation 2010

To welcome the new batch of Year 1s into our midst, a day camp was organized for them on the 14th August 2010. This was part of the Orientation Program for Year 1s, which included the Freshmen Briefing Day whereby academic matters such as the CORS system, FST curriculum and future prospects were covered. The FST Orientation camp served to complement the academic aspect of their transition by providing an opportunity for the Year 1s to interact with each other as a cohort, as well as get to know the FST staff and their seniors. Additionally, the games were conducted around the Science Faculty, FST corridors and NUS campus to help them get familiarized with their new surroundings.

As the Year 1s gathered into their OGS on that day, an introduction to the camp was given by Xueli, President of the 2nd FST Society Executive Committee. Areas like what to expect, the program outline, who to contact in case of emergency, the FST planning committee, and Orientation Group Leaders, (OGJs) were covered. Following that, the respective Orientation Groups (OGs) were brought to different locations, LT 20 and LT 21, for the Icebreaker Games. There were 4 OGS altogether, with innovative names like Chilli, Bananasplit, Bubblegum and Wasabi as decided by the OGLs themselves.”

THE PINEAPPLE
FST Orientation Cont’d

Chilli, Bananasplit, Bubblegum and Wasabi as decided by the Orientation Group Leaders (OGLs) themselves. Interactive icebreaker games such as the M&M game, Tap-tap game, 7-up, Indian Poker, and Big Fish Small Fish helped the Year 1s to loosen up and make new acquaintances.

After the OGs had bonded among themselves, it was time for the Science Orientation Games (SOG). The SOG consisted of a set of games whereby the 4 OGs would be playing against each other. The games included Poker Face, Sabotage, Sniper, and Hoop the Hoop which were held at different venues within the Science Faculty. It was exciting and fun as each OGs pitted themselves against the other OGs by cooperating with their team members and strategizing about the best way to emerge as winners. Apart from learning to get around the campus, the healthy competition helped to further strengthen the bonds built between the group members in each OG.

After lunch, it was time for the Campus Orientation Games (COG) where all OGs will be required to travel to different venues around the NUS campus, cracking codes and clues provided to them to progress along the trail. Along the way, they would be confronted with challenging station games like ‘Guess the Shape’ and ‘Come on Kebab’. The fastest OG to reach the final venue won!

The FST Orientation Camp ended off with a finale of mass games, a prize presentation and debrief. It was a close call between the OGs but the Overall Winner was Chilli! Bananasplit came in Second, Wasabi was Third, and, following closely behind, Bubblegum came in Fourth. As the Year 1s went home exhausted, they were contented and satisfied at a day well spent getting to know their peers. We wish them all the best as they

IA Experience in New Zealand

I have always wanted to spend at least a semester in another country during my university years. Unfortunately, due to the way our core FST modules are scheduled, going on the Student Exchange Programme would result in us having to delay our graduation by at least a full semester, which is not an appealing thought. Thankfully for me, for my Industrial Attachment (IA), there were two openings available for internship at the Riddet Institute in Massey University, New Zealand.

The Riddet Institute is a research institute that specialises in food science, particularly in the areas of digestive physiology related to nutrient absorption and metabolism. It has staff, visiting professors and students from all over the world. During my time there, Chile, Germany, France, the US, Columbia, China, India, Singapore, Canada, Holland, Thailand, Austria and probably more were represented during the daily lunch gatherings. You can imagine just how multinational the place was!

The institute itself is rather new, set up in 2003 in Palmerston North, which on paper is the sixth largest city in New Zealand but feels smaller and less crowded than even Jurong East. Palmerston North, or “Palmy” as the locals call it, is basically is a university town, with little beyond housing, Massey University and a throng of food science, veterinarian and agricultural science research centres. In fact, my neighbours at the studio apartment I rented were both food scientists!

The internship was not like other IAs that my classmates did. It felt essentially like a UROPS, where I was given a project and tasked to complete it within the time frame of my stay in NZ. I signed a confidentiality agreement and thus cannot disclose what my work involved beyond just fish oil microemulsions, but generally I learnt and used some of the procedures that were later taught in FST4101 (Flavour Science) such as Solid Phase Microextraction into Gas Chromatography and Static Headspace Analysis, as well as more basic chemical analysis techniques.

“The Riddet Institute is a research institute that specialises in food science, particularly in the areas of digestive physiology related to nutrient absorption and metabolism.”

Mabel, from Chile and Jeanne
My work was used in a soon-to-be-published paper by my supervisors and my name will be credited. So if you are into getting papers published early, then this might be the IA for you.

As some of you might know, in regular FST lab sessions, we are often pampered by our very dedicated lab officers like Chooi Lan and Huey Lee, who prepare every single reagent in advance. In a real lab however, all reagents have to be prepared by the person running the experiment obviously, and I learnt how to do really simple-sounding things that I had no idea how to do previously, like diluting concentrated sulphuric acid safely.

If you really want to know more about the working environment and experience there, you can read my report which is archived in the FST Programme. For this article, I shall focus more on the fun aspects of the trip.

The work was not particularly heavy, as the New Zealand working culture is far more laid-back than what most of us are familiar with. As long as the work was finished, I could leave at any time and there was no obligation to stay late at all. In fact, my supervisors often wondered why we were still around at 6 pm! The thing was, the public transport in that town basically consisted of a network of free buses that were hourly. So missing one bus meant you had to stay for another hour and the last bus was at 6 pm, so bosses were well aware that if one did not possess a car, he would probably not be able to leave at all after a certain time.

This made even grocery shopping a nightmare sometimes, because I had to leave the workplace early at 4 pm just to get to the supermarket and be finished by 6 pm, or I would have to either walk for 1 hour home with all the groceries, or take a taxi which cost 20 dollars for a five minute drive. I remember the first time I took a taxi, it was funny simply because the taxi’s meter looked like it was on fast forward, jumping 10 cents every couple of seconds rather than the slower rate we were used to back in Singapore.

There was not much leisure available in town on weekdays and shops closed really early all the time. However, after I moved to a hostel which was located in the middle of the town, which made it far more convenient to do everything, I started being able to eat out and do more things, rather than had to be tied to the hourly bus schedules. One of my fun weekend things to do was to run down to the local pet store and stare at the animals. New Zealand is a very animal and pet-friendly place and they have massive pet stores the size of supermarkets, complete with grooming services, pet shows and other stuff. There was a “Bring your Pet Day” at the store and a whole swarm of giant dogs, horses, alpacas and other animals showed up.

The weather was also excellent, which encourages exercise. I would never ever run in Singapore, because of the humidity, heat and air pollution. But in NZ, I kept a strict daily 8 km jogging routine, which was easy because the air was fresh and cool, there were wild animals to spot such as hedgehogs and there was nothing else to do.

Interesting fun fact: the Indian food and bubble tea in Palmy and NZ in general are actually far better than what we have in Singapore! Except they cost triple the price. Eating out in NZ is very expensive so I gained essential cooking survival skills during my time there and limited myself to one...
meal per week at the mall. I had previously never lived alone, so I learnt how to do really basic stuff like laundry, how to save money during grocery shopping, how to rent cars and how to wash toilets. There is actually a sizeable Asian population, especially Malaysians, at the university and they were a great source of help.

As for travelling, I planned a South Island trip which was to be done after my entire IA was over. But this did not happen as I had to return to Singapore early. As such, I only managed to visit a couple of places in North Island, namely Wellington and Rotorua. The latter is a volcanic hot springs tourist attraction while the former is the capital city where I made a few Singaporean friends. All travelling required the use of a car, which I rented and unfortunately crashed. I had to pay $2500 for repairs! Word of advice, do not go above 40 km/h on gravel roads! Singaporeans like myself are often inexperienced when it comes to unpaved roads because we do not get these back home and even New Zealanders end up skidding a lot when on such roads, to the point where insurance policies often have a clause that states they do not cover accidents that occur on unpaved roads. To illustrate how dangerous driving is over there, one of the French intern girls crashed her rented van and her friend had to be sent to hospital. There are no streetlights on the vast majority of non-city roads and these are all two-laned highways where people drive at 150 km/h in pitch black darkness. Not to mention random animals will be end up as roadkill inevitably!

In the end, I did not manage to really travel much at all, but it was still a really memorable experience for me, and I managed to learn a lot about real research, surviving alone in a foreign country and many more. I have a lot of photographs from the trip, which are available on my Facebook album, so take a look if you haven’t! I have heard from many of the FST juniors that this is not a popular choice for IA, both for the costs involved and the lack of real industrial experience. I think those are valid concerns, but this is an IA opportunity which would be suitable for a student looking to do postgraduate studies, particularly in areas such as dairy science, probiotics, digestive studies and anything to do with animal sciences as well.

Herman Teo

For Chinese New Year, there was no holiday, but the Asians organized a potluck lunch.
As the friendly competition started, a sense of camaraderie was naturally formed among the players in each group.

As the friendly competition started, a sense of camaraderie was naturally formed among the players in each group. There were triumphant cheers and victorious smiles, as well as words of encouragement and exchange of bowling techniques. Everyone enjoyed the game, and even players who couldn’t bowl initially learnt a few tricks of the trade by the end of the event. The top male scorer from last year’s bowling competition, FST alumnus Mr. Daniel Chia, was also seen imparting some of his bowling skills to his group members.

It was not all work and no enjoyment. A tea reception consisting of local delights like curry puffs and fried bee hoon was also set up at the sidelines for players to recharge and interact after their games. After many rounds and much hard work from the players, the results were finally tallied and announced. The Best Team Award went to Peiyi, from Year 1, and Xiaowen, from Year 2’s group.

The Best Male Player was awarded to Kheng Siang, President of our 1st FST Society Committee who has passed the leadership to the 2nd Committee. All these were but some of the many accolades awarded to our FST bowlers.

As everyone packed up and left the bowling alley, many were already looking forward to the next bowling competition in the following year. So Reader, if you have not been a part of this before, be sure to look out for updates regarding the Annual Bowling Competition 2011! We will see you there!

A tradition for the FST community, the annual FST bowling event brings together FST alumni, staff and students in the fun and exciting sport of bowling. Held on the 18th of September, a Saturday, the event took place at the West Bowl in the near vicinity of NUS. The bowling alleys were booked from 2-7 pm, and all those who attended had the luxury of bowling to their heart’s content. A great time of bonding and interaction, this event proved yet another successful one organized by the 2nd FST Society Committee.

Apart from being a gathering for the FST community, it was also a gathering for families, as staff like Dr Lena Goh, Dr Leong Lai Peng and Dr Liu Shao Quan brought along their families to join in the fun. The director of the FST Programme, Professor Zhou Wei Biao, also graced the event. The opening speech was given by Dr Lena, a businesswoman and Chair of FST Alumni Committee. Following which, the emcees of the day, Amanda and Naomi from the 2nd FST Society Committee, briefed on the instructions and rules for the game as everyone geared up for the competition.

As the friendly competition started, a sense of camaraderie was naturally formed among the players in each group. There were triumphant cheers and victorious smiles, as well as words of encouragement and exchange of bowling techniques. Everyone enjoyed the game, and even players who couldn’t bowl initially learnt a few tricks of the trade by the end of the event. The top male scorer from last year’s bowling competition, FST alumnus Mr. Daniel Chia, was also seen imparting some of his bowling skills to his group members.

It was not all work and no enjoyment. A tea reception consisting of local delights like curry puffs and fried bee hoon was also set up at the sidelines for players to recharge and interact after their games.

After many rounds and much hard work from the players, the results were finally tallied and announced. The Best Team Award went to Peiyi, from Year 1, and Xiaowen, from Year 2’s group.

The Best Male Player was awarded to Kheng Siang, President of our 1st FST Society Committee who has passed the leadership to the 2nd Committee. All these were but some of the many accolades awarded to our FST bowlers.

As everyone packed up and left the bowling alley, many were already looking forward to the next bowling competition in the following year. So Reader, if you have not been a part of this before, be sure to look out for updates regarding the Annual Bowling Competition 2011! We will see you there!

A tradition for the FST community, the annual FST bowling event brings together FST alumni, staff and students in the fun and exciting sport of bowling. Held on the 18th of September, a Saturday, the event took place at the West Bowl in the near vicinity of NUS. The bowling alleys were booked from 2-7 pm, and all those who attended had the luxury of bowling to their heart’s content. A great time of bonding and interaction, this event proved yet another successful one organized by the 2nd FST Society Committee.

Apart from being a gathering for the FST community, it was also a gathering for families, as staff like Dr Lena Goh, Dr Leong Lai Peng and Dr Liu Shao Quan brought along their families to join in the fun. The director of the FST Programme, Professor Zhou Wei Biao, also graced the event. The opening speech was given by Dr Lena, a businesswoman and Chair of FST Alumni Committee. Following which, the emcees of the day, Amanda and Naomi from the 2nd FST Society Committee, briefed on the instructions and rules for the game as everyone geared up for the competition.

As the friendly competition started, a sense of camaraderie was naturally formed among the players in each group. There were triumphant cheers and victorious smiles, as well as words of encouragement and exchange of bowling techniques. Everyone enjoyed the game, and even players who couldn’t bowl initially learnt a few tricks of the trade by the end of the event. The top male scorer from last year’s bowling competition, FST alumnus Mr. Daniel Chia, was also seen imparting some of his bowling skills to his group members.

It was not all work and no enjoyment. A tea reception consisting of local delights like curry puffs and fried bee hoon was also set up at the sidelines for players to recharge and interact after their games.

After many rounds and much hard work from the players, the results were finally tallied and announced. The Best Team Award went to Peiyi, from Year 1, and Xiaowen, from Year 2’s group.

The Best Male Player was awarded to Kheng Siang, President of our 1st FST Society Committee who has passed the leadership to the 2nd Committee. All these were but some of the many accolades awarded to our FST bowlers.

As everyone packed up and left the bowling alley, many were already looking forward to the next bowling competition in the following year. So Reader, if you have not been a part of this before, be sure to look out for updates regarding the Annual Bowling Competition 2011! We will see you there!
Insight of the 28th International Specialized Symposium on Yeasts in Thailand

cont’d

Ms. Christine Lee and Mr. Li Xiao.

The diversity of tasks that we were exposed to allowed us the privilege of many new and different experiences. We were therefore able to gain a comprehensive view of the different elements of food manufacturing. This was made possible by the regular rotations we had in different departments of the company. We received training in QA and QC, new product development, product R&D and various administrative work involving raw materials, packaging, HACCP certification, and product recall procedures.

At the beginning of our attachment, we were even given the opportunity to work on the production line, which gave us a true feel on how a manufacturing facility was run! Although this may seem simple and mechanical, it enabled us to have a thorough understanding of each operation step, from the initial receiving of raw materials to the final packaging of finished products. However, the most exciting part of the attachment was being able to be actively involved in the several new product development projects that were undertaken by the company. The projects were challeng-

IA Experience at Pacific Food Industry

It is of shared sentiment of fond, warm memories as well as invaluable lessons gleaned from the workings of the food industry as we relate our four-month experience in Pacific Food Industries Pty Ltd. It was a wonderful and unique opportunity to be able to complete our Industrial Attachment in a food company in Australia, and the four months we spent as attachment students were really enriching and fruitful as it opened our eyes to lessons beyond what we had expected to learn.

Pacific Food Industries (PFI), located in Gold Coast, Australia is a company that manufactures various kinds of sauces and condiments marketed both locally in Australia and internationally. Through the course of the industrial attachment, the diversity of tasks that we were allowed to was the privilege of many new and different experiences. We were therefore able to gain a comprehensive view of the different elements of food manufacturing. This was made possible by the regular rotations we had in different departments of the company. We received training in QA and QC, new product development, product R&D and various administrative work involving raw materials, packaging, HACCP certification, and product recall procedures.

At the beginning of our attachment, we were even given the opportunity to work on the production line, which gave us a true feel on how a manufacturing facility was run! Although this may seem simple and mechanical, it enabled us to have a thorough understanding of each operation step, from the initial receiving of raw materials to the final packaging of finished products. However, the most exciting part of the attachment was being able to be actively involved in the several new product development projects that were undertaken by the company. The projects were challeng-

Photo taken with Tracey, our lab technologist
having to combine the culinary art of consumer acceptability and preference, with the science of food safety and quality assurance. This allowed us to appreciate the significance of how each ingredient functioned in a food product, and the importance of each processing step in its production. When our constant efforts and result of many trials and errors ultimately translated to the commercial launching of several products in the market, the satisfaction gained from the entire process was one of the most memorable ‘gifts’ given to us by the company.

Not only did we find joy in work, we also made full use of our time in Australia having fun travelling and sightseeing! We each treasured the companionship of the other, making full use of the weekends and holidays to explore the Gold Coast and Brisbane, such as the many theme parks, beautiful sights, exploring new places with new surprises and adventures all the time. Not only did we do so, we also cooked together, exchanged recipes, and shared our food with the people around us! We also had 3 other FST friends join us at the end of the Industrial attachment, backpacking and travelling around Australia. There were indeed so many amazing moments and memories created along the way—snorkelling in the Great Barrier Reef, white water rafting in Cairns, spectacular sights of Great Ocean Road, watching wild penguins up close in Melbourne, as well as the famous Sydney Opera House.

On top of the usual sightseeing and fun, we were also able to build many wonderful friendships and bonds with our home-stay family and coworkers, which made saying goodbye a rather emotional one for both of us. We both unanimously agree that we could not have had any better home-stay experience than that one we had in Australia, with our home-stay family taking such good care of us with such warm hospitality that we were both well-fed and well-rounded by the end of our stay in Australia. The coworkers in our midst also had no qualms about inviting us into their lives and homes, bringing us to parties, baby showers, authentic Australian dinners, badminton games, and to beautiful places in Australia that we would never have otherwise known about.

All in all, our four month IA experience in Australia was undoubtedly memorable. We not only had the chance to apply what we learned in university in the actual food manufacturing industry, to learn on-hand from all the new tasks, but we were also able to experience Australia on so many fronts—the sights, scenery, people, homes, and families.

Amelia and Zhujun

Our Managing Director’s kitchen during Chinese New Year
Third Bilateral Symposium on Food Science & Technology

The inaugural bilateral symposium series between Tokyo University of Marine Science & Technology (TUMSAT) and National University of Singapore was first held at NUS in November 2008. It was a one-day symposium with just 6 professors presenting (i.e. 3 from each university). In November 2009, the symposium was held at Tokyo University of Marine Science & Technology and it was expanded to one and a half days with presentations by 3 professors from NUS and graduates and staff from the host university. In the 3rd Symposium in December 2010, professors and postgraduates from both universities were present.

Staff and Alumni News

Prof. Zhou Weibiao returned to NUS in July 2010 as a full professor and Director of FST Programme. He was away from NUS for one year, working as Professor of Food Engineering in the University of New South Wales (UNSW), Sydney, Australia.

Assoc. Prof. Huang Dejian is on sabbatical leave in the University of North Carolina, USA until late this year.

Congratulations to Ms. Lee Chooi Lan for being promoted to Laboratory Technologist I and for receiving a Service Champion Award at the NUS Quality Service Award 2009.

Congratulations to Miss. Lew Huey Lee for receiving an Outstanding Service Award at the Science Faculty Awards 2010.

Congratulations to Mr. Abdul Rahaman Bin Mohd Noor for receiving a Service Advocate Award at the NUS Quality Service Award 2010.

Congratulations to Miss. Verleen Goh, a NUS FST alumna, for winning Start-Up@ Singapore Business Plan Competition.

Congratulations to Dr. Feng Shengbao, a NUS FST alumnus, for winning one of the seven IUFoST Young Scientist Awards at the 15th IUFoST World Congress of Food Science and Technology which was held in Cape Town, South Africa in August 2010.

Congratulations to Dr. Lena Goh, Chair of the NUS FST Alumni Committee, for the birth of her beautiful daughter, Leong Li En.

Students Awards

Chair of FST Alumni Committee, Ms. Lena Goh with P.J. Barlow Book Prize winner Zhang Jiyuan.

Mr. Philip Curran, Firmenich representative and Best Honours Year Student winner, Irene Ong.

SIFST president, Mrs. Ser-Low and SIFST Best Student Award/ Postgraduate Scholarship winner, Sheryl Lim.

Miss. Stephanie Kho, winner of Givaudan Food Excellent Prize for Best 2nd Year Student. (No photo)

Congratulations to all winners!
Editor’s Say

It has almost been two years since I wrote an editorial last time for The Pineapple. The past one year was filled with many progresses for the profession of food science and technology as well as for the NUS FST.

After being away for one year from Singapore and coming back in early July 2010, I have been embraced by waves of good news. The global financial crisis seems having receded without making much damage to the global food industry including the food industry in Singapore. In October 2010, the Singapore National Research Foundation (NRF) made a scenario-based grant call with the theme “Meeting future food demands for Singapore”. Needless to say, food scientists and technologists should play a critical role in finding solutions to meeting the challenge. It indicates the absolute importance of food science and technology to the well-being and future of this knowledge-based nation.

Our students, alumni and staff continue doing well. During the year, we witnessed the graduation of 48 FST undergraduates and 6 PhD students. In early August we welcomed the new batch of 43 FST undergraduate students. FST staff members have won a few awards at the university and faculty levels, and our alumni have won national and international awards.

While many of us may still remember the exciting opening of the Food Research Corridor at S13 Level 5 in May 2009, we are to move into a brand new FST Teaching Suite at S14 Level 5 around April/May this year. This will certainly help strengthen the image of the NUS FST and make a better integration of FST teaching and research activities, besides offering an array of well designed labs.

The Chinese New Year is just around the corner; please refrain from buying rabbits as pets on impulse or eating more rabbit meat unnecessarily.

Wishing everyone a great Year of the Rabbit!

Prof. Zhou Weibiao
Director

Editor’s Say