Homemade autograph book with caricatures of everyone

Graduation Night 2013

It felt like it was only yesterday, when all of us from our batch first entered the FST programme back in August 2010; when we were all still freshmen who did not know each other; when our paths crossed with one another’s for the very first time (for most of us). Time slipped away with such stealth that we found ourselves, three years later, already having a graduation party to celebrate the milestone of surviving hectic semester after semester of school work, and for some among us – graduation with our hard-earned bachelor’s degree.

On the Monday evening of 6th May, we gathered at one of the seaview bungalow units at the Aloha Loyang resort to celebrate the FST Grad Night 2013. The beach-inspired theme ‘The Caribbean’ could not be more apt in portraying the liberation and relaxation amongst us, as the ladies turned up in pretty sundresses and the guys in their casual beachwear. The place was also spruced up and beautifully decorated to the theme, getting everyone into the mood for the celebration.

Indeed, everyone was ready to party, as we kick-started the night with a ‘cocktail reception-style’ dinner, where we enjoyed food from a 16-course canapé menu, a BBQ station, a salad counter, a desserts & fruits section and a DIY cocktail & drinks bar. It was all free and easy, as we indulged in the decadent spread, amidst mingling around and catching up with each other after a semester away from school for our Industrial Attachment.
Some of us were also busy signing on each other’s personal copy of the homemade autograph book we received, while the rest was having great fun taking crazy shots at the two photo booths, one of which featured a backdrop of a white sandy beach and coconut tree together with beach-ready props.

The highlight of the night was a special performance put up by The FST Band™, assembled together by our very own classmates, Judy, Gaby, Ivy and Jonathan. They showcased their various ‘hidden’ talents and brought to us enjoyable renditions of specially selected songs. Just as emotions ran high, a video montage which documented our journey from the very start of our FST life was played, flashing back moments from orientation camps to lab experiments and field trips, which have now become part of our memory. Finally, the night came to an end with a much anticipated lucky draw, followed by a speech by the great man who runs our Programme, Professor Zhou, and a group photo-taking.

It was definitely an unforgettable night filled with fun and laughter, merry-making, fantastic music, delectable foods and of course, great company. Special thanks to all our classmates who helped out in the planning, setting-up and execution, as well as everyone who graced the occasion that night, including our professors and department staff! The grad night marked the end of our FST journey in NUS for some of us, and the start of another phase in our lives (be it working life or FYP). It was an extraordinary occasion that brought all of us together for one last time, till the next when our paths cross again. Heartfelt gratitude goes to everyone who has been a part of this wonderful journey, and this is the story of the AY2010/11 batch.

Testimony for SEP to University College Cork

My exchange experience to UCC last semester marks one of the most wonderful journeys in my life. During that 5 months of study, I got a chance to learn what is not offered in Ireland.
NUS, study in a different environment, and experience the European culture. More importantly, I met lots of friends from different countries who will develop lifelong friendships with me, and seen various sceneries with my own eyes that I only read before in books.

I still remember how excited yet worried I was when I knew that I was going to share a room with a Canadian and live with 5 other students from 5 different countries in 3 different continents. At the end of the semester, we have been good friends: partied together, traveled together, and even celebrated Chinese New Year together. I learnt to appreciate different culture and rituals, introduce Asia and Singapore to them, and deal with cultural shock and personality conflicts. It even helped me to understand better of my own culture and think in different angles.

In Chinese there is a saying: read thousands of books and travel thousands of miles (读万卷书，不如行万里路). I think in this way, SEP really helps me to gain not only knowledge but also useful experience in life.

Huang Shiqi
After a whole week of rain, we were really lucky to be blessed with a bright and sunny Saturday afternoon to carry out FST Day 2013. FST Day is a biannual event where alumni, staff, undergraduates as well as postgraduates gather together to mingle and interact through an activity. Due to popular demand, the event held that year was Prawn Fishing. The response was overwhelming and many turned up with their families as well as friends.

Just shortly after the event started, the first prawn was caught and that caused great excitement among participants. During the process, the participants were interacting with each other, and whenever someone catches a prawn, there would be much laughter and excitement. After the main event was done, the participants then continued interacting over lunch, where we also ate the prawns caught!

Subsequently, a prize presentation was carried out to award the Prawn Kings and Queens -- mainly the participants who caught the most prawns that day! The event then ended with some photo taking and everyone left with their tummies filled! It was indeed a great opportunity for members of the NUS FST Society to gather and have fun! :)

Adeline Ng
WE ARE DELIGHTED TO WELCOME OUR NEW LECTURERS DR. YANG HONGSHUN AND DR. LIU MEI HUI.

Dr. Yang Hongshun joined us in July 2013 as Assistant Professor. Dr. Yang’s research areas are in sustainable food processing with a special focus on organic foods, food safety engineering and food security and defense. Dr. Liu Mei Hui is our very own first FST batch Alumnus who joined us as a Lecturer in July 2013. Dr. Liu’s research areas are in molecular nutrition, nutrigenetics and nutrigenomics.

We look forward to your contributions to the FST Programme over the next many years.

We would also like to congratulate our FST Programme Director, Professor Zhou Weibiao for winning the Faculty of Science Teaching Excellence Award AY 2012/2013, Miss Jiang Xiaohui for winning Faculty of Science Outstanding Service Award 2013 and Mr. Abdul Rahaman Bin Mohd Noor for winning the Faculty of Science Commendation Award 2013.

**STAFF NEWS**

**AWARDS AND SCHOLARSHIP WINNERS 2013**

- Tay Geng Yu, Winner of Givaudan Food Excellent Prize
- Dr. Lee Pin Rou, Winner of FST Programme Best Postgraduate Award
- Dr. Wu Ziyun, Winner of FST Programme Best Postgraduate Award
- Mr. Vinayak Ghathe, Winner of SIFST Student Symposium (Postgraduate Category)
- Phebe Lim Lixuan, Winner of SIFST Student Award cum Scholarship
- Liew Yong Yew Tony, Winner of P.J. Barlow Book Prize
- Group Photo at the Science Faculty award ceremony
- Zhang Jiyuan, winner of KH Robert Prize
Student Exchange Programme to Canada

Have you ever walked on the glacier in winter, or ever witnessed the cherry blossom in spring? If you have none all of these, Canada will be the perfect place for you. I was fortunate enough to go to University of British Columbia for exchange in my Year 3 Semester 2. UBC is located in Van-

The department of Food, Nutrition and Health was where I spent most of time in the campus. The FNH department provides a wide range of courses, ranging from nutrition and health, to wine science, to food science and engineering. I was fortunate enough to take several most popular courses in the campus, including clinical nutrition, wine tasting and international nutrition.

Privileged to have Okanagan valley nearby, UBC has its own wine research center, conducting pioneering research in enology and viticulture and promoting the technological advancement of the wine industry in Canada. The reason why the wine tasting course could attract so many students was not only because of its strong academic background, but most importantly its weekly wine tasting sessions. I got to taste more than 30 wines throughout the whole semester, including high quality Champaign and ice wine. We also enjoyed the classic food-wine pairing, such as Port with dark chocolate, and salmon sushi with German Riesling. The final exam contained a blind tasting course, which was pretty challenging and fun.

Another course I would strongly recommend was International Nutrition, provided by Dr Judy McLean who works for WHO and UNICEF. Her course tackles the global problems in food and nutrition including the political, social and cultural factors underlying malnutrition in different context. It is the first of its kind in North America.
I still remembered the videos of political conflicts in Rwandan after genocide and how people work together to help out. It was impressive to know that simple nutrition knowledge could make a huge difference. By putting a small iron cube in the soup, many young mothers in Cambodia were saved from maternal death. (you could find out more at The Lucky Iron Fish Project)

Well, exchange life was not only about textbooks, but also making friends and exploring the local culture. Compared to Singapore, Vancouver is a relatively quieter city with a comfortable living pace, intimacy with nature and vibrant culture. Just by walking along the street, I could find people greeting and smiling at each other. After school, I always visited to the park nearby and volunteered in some workshops to help the disabled kids. As a music lover, I also joined music club in campus, and performed in an orchestra flashmob as a violinist! Concerts and street shows were very common in Vancouver. Celion Dion, Kate Perry, Maroon 5 and Lady Gaga all visited there during my 5-month stay there. Guess what, I watched the live concert of COLDPLAY, which was one of my favourite bands!

On top of the relaxing and vibrant life, Vancouver is also a city with gorgeous scenery. Snow skiing is one thing you could not miss in the winter of Vancouver. Although my first skiing experience turned out to be a tragedy since I actually snow-shoeing down the Grouse Mountain, I still enjoyed the whole thrilling experience.

We also visited Capilano suspension bridge in North Vancouver, the longest bridge in the world. During the recess week, I gathered several friends and we traveled to the east coast of Canada.
This trip enabled me to see another side of this country, including the French speaking areas like Montreal and Quebec, and the political and industrial centers like Ottawa and Toronto. The final 7-day trip to Lake Louis and Banff National Park with exchange students from all over the world were truly impressive. I made this trip as my proper farewell to this beautiful place and exciting exchange life.

After all, my exchange experience is a brain-storming one, since it enabled me to jump out of my comfort zone, and to see the life from a whole new perspective. Hope I could have chance to visit there again!

Zhang Jiyuan

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Tharp & Young on Ice-Cream Technical Short Course 2013

Tharp & Young on Ice-cream Technical Short Course was back due to popular demand. The 5 day course was conducted from 10 to 14 June 2013 at NUS-FST with around 60 participants from local as well as other countries such as Thailand, Malaysia, Indonesia, Australia, India, China, Philippines etc.

The well-known experts Dr Tharp and Dr Young were very experienced; details coaching and their professional training approach have kept all impressed. The participants enjoyed the course and benefited from their extensive industrial and academic knowledge sharing.

In view of good response, the same course is expected to be offered again in June 2015. More information should be ready on FST website by the end of this year.
International Association of Food Protection

We were extremely honored to attend the IAFP 2013 Annual Meeting in Charlotte, North Carolina. This was our first time attending the IAFP meeting, and we were very impressed when we knew that there were around 3,000 food safety professionals attending the meeting this year, who are not only from research organizations but also from industries and government agencies. The participants from food industries and government agencies introduced both the current and emerging food safety issues, which would make our future research more realistic with the awareness of these problems. In addition, the symposia, roundtables, technical presentations and posters covering a wide range of topics made this conference even more informative. The symposia and roundtables expanded our knowledge of risk assessment, rapid technologies for foodborne pathogen detection and novel food preservation techniques; while the technical and the poster sessions provided us a unique opportunity to learn and exchange ideas with the scientists and researchers around the world. Moreover, the comments and suggestions toward our posters were of great values to improve the future work. Finally, the Welcome Reception, Student Luncheon and Awards Banquet Reception offered a very good chance to make new friends and to interact with experts in the field of food safety. Attending IAFP 2013 was a really wonderful experience for us to gain invaluable insight and knowledge that would definitely enhance our graduate research, as well as, to network with food safety professionals from around the world.

Yang Yishan and Zheng Qianwang
Freshman Orientation Camp 2013:
Food Hunter!

It was only a two day one night camp and we all were craving for more! The freshmen were divided into four teams which are named after four characters that are greedy for food which were Blue Snorlax, Green Shrek, Red Po and Yellow Garfield. The teams would then compete in various challenging yet fun games to earn as much points as possible to be bid on the food ingredients in the Bloated Games. However, what mattered most was the chance to get to know our fellow batch mates and also our seniors. The family that will go through the same journey hand in hand for the following years.
Presenting to you the 5th FST EXCO

President : Keh Ming Ze Mitchell
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Head of Logistics : Lim Xin Ying
Head of Publication : Clara Miraldi
Level 1 representatives : Chen Xi, Di Meng
Level 3 representative : Jasmine Toh
Level 4 representative : Yap Pei Yi

Sneak Peek of 2014

January
Ice Cream Making & Baking
Science Day

February
Chinese New Year Reunion Dinner

March
NUS Open House
Science Open House

April
Farm Visit*
*tentatively