



School of Applied Science
FNConnects

AY 24/25 October Edition



Course Chair Message by Ms Johanna Tan

It is with great excitement that we present the first edition of FNConnects, a newsletter for the Diploma in Food, Nutrition & Culinary Science (FNC).

Through FNConnects, we share students' stories of transitioning from secondary school to polytechnic, celebrate their achievements and highlight learning beyond the classroom. Our students are broadening their horizons through overseas study trips, internships, and unique learning experiences. These opportunities allow them to develop new skills, gain a deeper understanding and apply their knowledge in real-world settings.

FNConnects is truly special as it is created entirely by FNC students. From gathering content to designing the layout, they have taken ownership of every aspect of this publication. The newsletter reflects our students' voices and perspectives. It is their dedication that brings this newsletter to life, giving us a glimpse of the incredible things happening in FNC.

We extend our sincere thanks to the students who contributed to this newsletter and the staff advisors who guided them.

Our heartfelt appreciation goes out to the parents of current students. Your constant support for all our initiatives has allowed us to create an environment where our students can learn and thrive.

We are also grateful to the FNC team who bring education to life for our students. Your dedication and commitment truly make a difference.

We hope this newsletter provides prospective students and parents a glimpse into the vibrant environment and activities we offer. If you are curious about our course, come visit us at Open House 2025!

Open house: 9-11 Jan 2025, Thurs-Sat

JAE: 10-11 Jan 2025, Fri-Sat

Term 3	Mon, 14 Oct 2024 – Sun, 15 Dec 2024
Term break	Mon, 16 Dec 2024 – Sun, 5 Jan 2025
Term 4	Mon, 6 Jan 2025 – Sun, 16 Feb 2025
Study week	Mon, 17 Feb 2025 – Sun, 23 Feb 2025
Examination	Mon, 24 Feb 2025 – Fri, 7 Mar 2025
Vacation	Sat, 8 Mar 2025 – Sun, 20 Apr 2025



Johanna Tan

Food, Nutrition & Culinary Science,
Course Chair

Content Page:

1. Transition into Polytechnic life



2. Celebrating Achievements

Battle of Chefs 2024 Competition	3
Cookbook Collaboration with Alexandra Hospital	4
ASC Celebrates	5

3. Out of Classroom Learning

Spice Trail	6
SATS Learning Journey	7
Givaudan Learning Journey	7
Beverage Creation Workshop	8



4. Overseas Exposure

TF Scale Exchange Programme	9
Thailand Technical Trip	10
Medan Study Trip	10



5. Internship Sharing

Local Internship	11,12
Overseas Internship	13





Transition into Polytechnic Life

Reported by: Tse Ho Shing Wilson and Shafirudeen S/O Kuthubudeen

Are you having trouble making friends in the new environment?

Well, fear no more! This event 'Kick Start New Connections' is catered to all Year 1 FNC students to foster friendships. There are class bonding games (ice breaker) for Year 1 students to play in order to foster new relations and encourage them to be familiar with their seniors and lecturers.

This year's event featured three segments, with 41 Year 1 students and 10 FNC student leaders. The event ran smoothly and was well-received by all. The event also consisted of "guess the song" session which soon turned into a concert! Amazing right? What better way to make friends?

The day concluded with a treasure hunt, taking students to four stations, including the FNC kitchen, labs, and bistro lab. Groups were also challenged to film a TikTok dance together. The event encouraged students to bond in a fun and engaging way. Lecturers were happy to meet the students, and some participants eagerly took pictures with them for bonus points in the treasure hunt. Interviews conducted afterward showed that the feedback was overwhelmingly positive, with everyone enjoying the event, much to the satisfaction of the organizers.



Let's hear from our students who came into Poly from different paths:

“Poly life has been a crash course in independence where I’ve learned to own my decision and navigate responsibilities. I really enjoy the environment to study and making new connections.”

- Nisa, 17
From JAE, Bowen Secondary School

“Transitioning was difficult as it’s hard to adapt due to the difference in approachability of lecturers but since lectures are recorded, it is very helpful.”

- Qabil, 19
From ITE, came from Hougang Secondary School

Lets hear more about their school life:

How well have you adapted to Poly timetable so far? is it more manageable for you?

Ani: I feel that I prefer the Poly atmosphere more than Secondary school as it's more own time basis.

Isaac: Poly is better for me as I do not feel stressed and can do work more productively.

Was it hard to mingle with lecturers compared to Secondary school?

Shafiqah: Not at all, all the lecturers were so friendly and understanding.

Iman: No they were all so approachable and understanding that we were shy initially.

Was it easy to make friends when first entering poly?

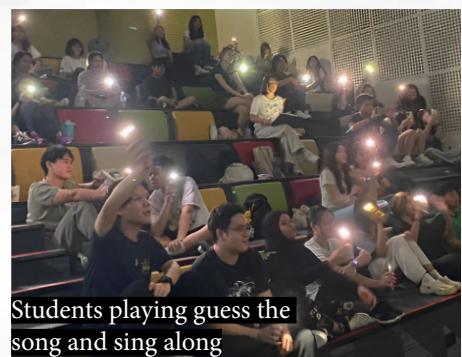
Sean: Absolutely, everyone is so approachable.

Jayden: For sure! my seniors and peers are all so friendly and they treat me so well.



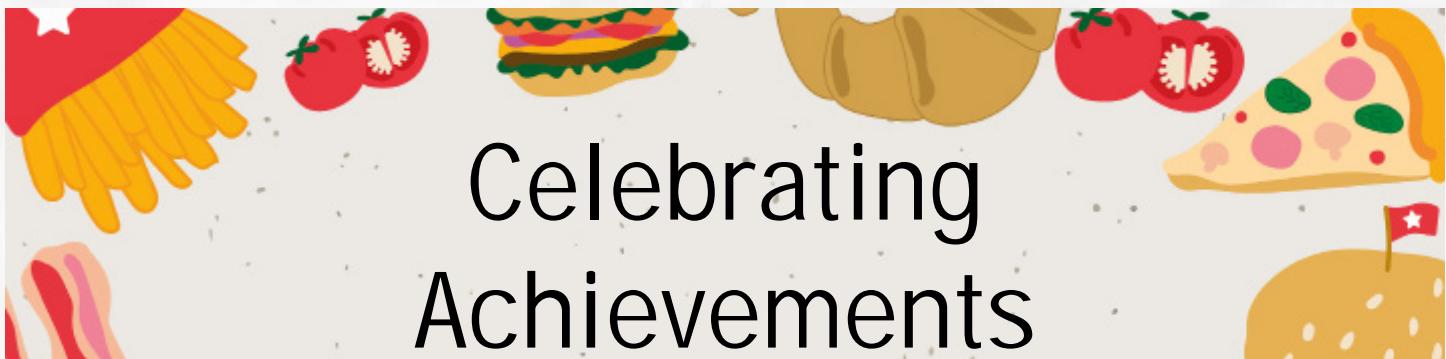
Tips for students before coming to poly:

1. Make sure to check your study guide and do your tutorials!
2. Avoid burning out in the first Semester, plan your time wisely!
3. Join a CCA you like and start building your portfolio early!



“Transitioning was hard due to shift in curriculum and learning styles however now I found my sweet spot in Poly life. Being an EAE student, the difference in workload was very new to me, but this allowed me to know I prefer more hands-on projects.”

- Shafir, 17
From EAE, East Spring Secondary School



Celebrating Achievements

Battle of the Chef 2024 Competition

Reported by: Ang Jie Min and Hia Pei Xuan Airah



From left to right : Seck Hui En Victoria, Chef Gary Lim Hock Seng, Lin Junhong Adrian

Competing in a culinary competition is challenging, but this year, two of our Year 3 FNC students rose to the occasion and achieved remarkable success at the Battle of the Chefs competition in Penang, Malaysia. Adrian Lin won a gold medal for his duck main course and a silver for his seafood dish, while Victoria Seck earned gold in the seafood category and silver for her chicken main course. Their impressive achievements were made possible by the invaluable mentorship of Chef Gary, Chef Randy, and other chefs from Singapore's Association. The chefs are incredibly proud of Victoria and Adrian, praising their creativity, composure under pressure, and exceptional flavors and presentation in their dishes.

“This experience gave me a new pace for Year 3 life as I have to juggle between the competition and my internship...The competition was thrilling as I had to learn how to adapt to any changes in the competition.”

-Seck Hui En Victoria



“I saw potential in both Victoria and Adrian and chose them for their exceptional culinary skills, dedication, and passion for culinary arts. I am extremely pleased with how they could showcase creativity in their dishes, maintain composure under pressure and deliver exceptional flavours and presentation for the judges.”

-Chef Gary



“It was very nerve-recking, but we pulled through, setting aside our nervousness and focused on the task to fit the time limit.”

- Lin Junhong Adrian

Cookbook Collaboration with Alexandra Hospital

Reported by: Verene Zhang Jia Yu and Choo Pei Shuen

Photographed by: Alexandra Hospital, Singapore



A talented group of Food, Nutrition & Culinary Science (FNC) students from Temasek Polytechnic—Jasmine Leong, Irsyaf Budihati, and Lim Wee Xuan—has created a special cookbook titled “Treasury of Traditional and Healthier Recipes @Queenstown”. This project highlights the culinary heritage of Queenstown by featuring 10 treasured recipes passed down through generations. The students collaborated with Alexandra Hospital to promote healthier eating habits while honoring cultural traditions.

A Taste of Diversity:

The cookbook showcases a variety of cuisines—Chinese, Malay, Indian, and more—reflecting the rich diversity of the community. It includes vegetarian options, ensuring everyone can enjoy the recipes. Each recipe comes with detailed descriptions and highlights the healthier ingredient swaps made by the students.

Behind the Scenes:

The students explored numerous culturally rich recipes, selecting a few for their project. They analyzed nutrients, modified recipes, and adjusted flavors to maintain the original taste, blending tradition with nutrition.

Real-World Application:

The students applied what they learned in class, including nutrient analysis and understanding community health needs. They found that Effective Communication, a module they learnt in TP, helped them engage with residents and coordinate the project. This experience showed them how closely food and nutrition are linked to daily life.

Overall:

This project was a great success! The students effectively applied their classroom knowledge to real-life situations, enriching both their skills and the community.

“I enjoyed learning about the background stories of each dish from the residents. The community’s enthusiasm for sharing their recipes made the project special.”

“We found it fun and rewarding to see improvements with each tasting.”

- Students' insights from this project



Project Goals

1. Recipe Collection: Gather 8 to 10 recipes along with stories behind these cherished dishes from Queenstown residents.
2. Healthier Modifications: Create healthier versions of traditional recipes while preserving their cultural significance.

Advice for Future Projects

- Keep an open mindset to create a positive environment for growth.
- Communicate proactively with stakeholders and peers.
- Accept feedback to improve your work.
- Set clear goals and stay focused at each project stage.
- Approach the project with passion; genuine interest keeps you motivated.

“We worked hard to balance health and tradition, as we often faced difficulties with flavor adjustments.”

“With support from Ms. Catherine at Alexandra Hospital and our lecturer Ms. Siti, we managed to navigate these challenges.”

- Students on Challenges faced in this project



ASC Celebrates

Reported by: Joy Iong Shi Xin, Justin Yong Wei Le



From left to right : Natalie Chan Ying Ting, Loh Sze En, Serphine Lau Su Fang, Ang Pei Ting Charlotte, Ms Johanna Tan, Lim Rui Xuan Lecia, Giam Weng Yi Geomine, Darshana D/O Murukan, Vernice Chia Rui Ling , Teng Yee Hwee Calista, Tan Xin Hui Janelle.

On 28 June 2024, the School of Applied Science (ASC) held “ASC Celebrates,” an event honouring student achievements and introducing new interest groups to enhance the academic experience. 12 FNC students were recognized on the Director’s List, and members of the Food Interest Group (FIG), FNC’s interest group, also introduced themselves. The Director’s list is a prestigious roll of honour for the top 10% of academic achievers.

FNC journalism club reporters interviewed the 12 award recipients about their achievements, challenges, and strategies during the 2023 academic year.

Second-year recipients highlighted their ability to balance academic demands, like group projects, with extracurricular activities. Despite initial time management struggles, they adapted to new practical lessons and found a study-life balance through perseverance and strategic scheduling.

Third-year students, experienced in their academic journey, navigated their modules with diverse goals in mind. They tackled assignments by taking the lead and being proactive in group projects. However, they faced challenges with multi-tasking and time management. Their coping strategies included planning ahead, recognizing limits, and maintaining a positive mindset.

As ASC celebrates student achievements, the event underscores the importance of striving for excellence. The school encourages all students to continue pursuing their academic and personal goals with passion and determination. The event was a testament to the power of community, collaboration, and the relentless pursuit of knowledge.



Group photo of award recipients,
Ms Johanna Tan and parents



Out of Classroom Learning Spice Trail

Reported by: Joy Iong Shi Xin and Nisa Nabilah Binte Abu Bakar

Photographed by: Nicolette Ang En Xi, Nge See Min Shermaine, Aishwariya Lakshmi Vigneswaran and FIG publicity team



FNC and CSP students at Fort Canning



A tour around the Spice Garden before the start of the scavenger hunt

Embarking on the Spice Trail was an unforgettable adventure. We began at Fort Canning, uncovering the history of spices through an engaging briefing. We were also introduced to an array of spices, carefully curated for our sensory evaluation. We opened ziplock bags, inhaling the heady scent of cardamom, the warmth of cinnamon, and the pungency of cloves. Our guide encouraged us to touch and smell the various spices, igniting our senses and building our anticipation for the next activity which was an exciting scavenger hunt.

Divided into groups, we were tasked to locate and identify the various spices around Fort Canning using our knowledge to decipher cleverly crafted hints by our guides. Collaboration and teamwork was key as we worked together to find the correct spices. Laughter and excitement filled the air as we rushed to complete each challenge. Our competitive spirits were fueled by the promise of uncovering the next clue.

Finding our last spice, the scavenger hunt ended with triumph, new connections, and a broader understanding of spices.

After the thrilling scavenger hunt at Fort Canning, we headed to Tekka Market where we savored dishes infused with the very spices we had learned about. These dishes include biryani with cardamom, spicy laksa with chili peppers and galangal, and aromatic chicken tikka with cumin.

In conclusion, the Spice Trail was a memorable experience. I had learnt about the diversity of spices, its historical importance and their uses. As a Year 1 FNC student, the Spice Trail journey has broadened my knowledge and ignited a passion for exploring the vast realm of spices and their applications in nutrition and cuisine.



Visit to Tekka Market



SATS Learning Journey

Reported by: Verene Zhang Jia Yu and Choo Pei Shuen



Students with SATS staffs



What do you think of when you imagine food during a journey? When you savour a meal on a flight, do you notice the perfect blend of flavors or the freshness of each ingredient? Our Food, Nutrition & Culinary Science (FNC) and Common Science Program (CSP) students had the exciting opportunity to tour SATS where our students will get a firsthand look at the processes involved in large-scale food preparation.

Upon arrival they were greeted by the employees, including a proud TP alumnus. The SATS tour kicked off with an introduction to SATS' efforts in sustainability. They shared about SATS projects to reduce plastic and convert their food and packaging waste into fuel.

The facility tour began with observing the SATS packing line, where meals are packed and sorted for various airlines. They then visited different food preparation areas, including sections for fruits, vegetables, and hot and cold kitchens.

A highlight was the delightful aromas from the dessert area, where treats like biscuits and cakes were made. Students learned about the separate kitchens for halal, non-halal, and various cuisines, ensuring they can cater to diverse airline clients. They also glimpsed the food research lab, where innovative solutions are developed, such as making cookies more durable for flights and ensuring food tastes great at high altitudes.

SATS Mission

Deliver delicious, sustainable meals for airlines, food service chains, institutions, and retailers.

"I'm impressed by scale of food prepared. I never realized how much food had to be made every day. It made me appreciate the hard work behind airplane meals!"

- Students who visited SATS



Introductory Briefing at SATS

Givaudan Learning Journey

Reported by: Ang Jie Min and Hia Pei Xuan Airah

Photographed by: Givaudan

What do you think of when you hear the word flavour? When you bite into your favourite cheesecake, do you think of the cheesy flavour? When you open your bag of barbecue chips, do you smell the wonderful barbecue aroma? Twenty-nine FNC students had the extraordinary opportunity to visit Givaudan, a leading company in flavours and fragrances. The visit offered our students a first-hand glimpse into the inner workings of a flavour house. The visit kicked off with an engaging introductory session where students were introduced to the fundamental concepts of flavours and its critical roles across various foods.



Guessing the scent

The facility tour started by exploring different food products, gaining insights on the various machinery used and packaging techniques to enhance shelf-life. Researchers explained the intricate processes involved in cookie, cake, and candy production, emphasizing flavoring techniques. They then delved into the creation of sweet flavors used in popular beverages and participated in a tasting session to discern savory flavors. They also got to deepen their understanding of the science behind food and beverage colourings, focusing on sustainability and the growing trend of natural alternatives.

The tour concluded with a visit to the kitchen, where students interacted with a Research Chef, learning about flavor development and sampling innovative snacks.

This visit provided our students with a comprehensive understanding of flavor house operations, igniting their interest in

Students with Givaudan Staffs



Beverage Creation Workshop

Reported by: Tse Ho Shing Wilson and Nisa Nabilah Binte Abu Bakar

Photographed by: Nicolette Ang En Xi, Nge See Min Shermaine, Aishwariya Lakshmi Vigneswaran and Justin Yong Wei Le

On July 19, Year 1 FNC students participated in an engaging Beverage Creation Workshop co-organized by FNC and Kosmode Health Singapore. The event began with insightful presentations by Year 3 student, Deladine, as well as FNC lecturers Ms. Emma and Ms. Wu Manchao, on product development in the beverage industry.

Students were then challenged to create a healthy, delicious beverage using various ingredients. The students eagerly dove into the competition. The kitchen buzzed with energy as groups discussed their plans and gathered ingredients. Each trio had three hours to craft the best-tasting and healthiest beverage using chocolate, matcha, sweet potato, sesame-flavored powders, and stabilizers while maximizing the usage of Kosmode Health's signature ingredients. The energy in the kitchen was palpable as students were completely absorbed in the creative process.

3 criteria for judging

- Balanced flavor profile
- Creative use of flavored powders
- Amount of company's ingredients used

Participants who attended the Beverage Creation workshop



As time ran out, a panel of judges evaluated each creation. Nervous anticipation filled the air as students awaited feedback, some asking judges for impressions and others trying to gauge their reactions. After rigorous tastings, the winners were announced, and the teams shared their recipes and ingredient rationales, offering a glimpse into their creative processes.



Students in action in the kitchen.



Judging in process



Students calculating the percentage of ingredients

The workshop imparted valuable lessons, emphasizing the significance of experimentation, creativity, and precision in product development—essential skills in the food industry. This hands-on experience deepened their understanding of food product development and equipped them for future endeavors as aspiring food technologists.



Temasek Foundation Specialists' Community Action and Leadership Exchange (TF SCALE)

Reported and photographed by: Yang Tian Ai



Staff and students at Chiang Mai, Thailand.

TF SCALE is a leadership exchange program aimed at developing student leaders through immersive experiences. It consists of a two-week inbound segment, where students from Chiang Mai Rajabhat University (CMRU) visit Singapore, and a two-week outbound segment, where we travel to Chiang Mai. These four weeks were packed with interactive activities, leaving me with lasting memories.

Through this trip, I have learnt lots of things. Firstly, about communication. As Singaporeans, we naturally use Singlish, but it was challenging for our Thai friends. So, I learned to slow down and speak more clearly, making communication smoother and more enjoyable.

Secondly, it helped me become a better student leader. While the trip was fun and filled with new friendships, it also offered opportunities for personal growth. These included leading workshops and presenting to TP and CMRU lecturers. These experiences boosted my confidence in leading groups and improved my cross-cultural communication.

Students at the night market



One of the highlights of the trip was exploring the night markets in Chiang Mai. I enjoyed trying a variety of Thai street foods, which were vastly different from those in Singapore's pasar malams. My favorite was the Chiang Mai sausage, with its perfect blend of spices and fillings. Strolling through the market, we admired the unique displays and items for sale, adding to the experience's charm.

Another unforgettable moment was our visit to the elephant sanctuary. We learned how to make food and supplements for the elephants and had the privilege of interacting with these gentle giants. Feeding, cleaning, and spending time with the elephants was an eye-opening and heartwarming experience that truly connected us to Thailand's rich culture and natural beauty.

Overall, I would definitely recommend this experience to year 1 students. TF SCALE has been one of the most unforgettable experiences of my time at TP, and I believe it offers a truly unique opportunity. From the leadership skills I acquired, to the friendships I made along the way, this program stands out as an incredible learning experience. It's a journey that not only broadened my horizons but also left me with memories that will last a lifetime. I strongly encourage Year 1 students to participate if given the chance to—it's an adventure you won't want to miss!

Thailand Technical Trip

Reported and photographed by: Verene Zhang Jia Yu and Choo Pei Shuen



On Day 1, we faced a 3-hour flight delay and finally arrived in Bangkok at 9pm!

On Day 2, we visited King Mongkut's Institute of Technology Ladkrabang (KMITL), where we were welcomed warmly by the staff and students. During the Future Food Cooking Class, we made plant-based Pad Kraprao and Pad Thai, and some brave souls added insects! I wasn't ready to try them, but my friends did, with one saying, "The crickets add a nice crunch!" We also tried making snacks using an extruder, experimenting with different flavors. Later, we visited the Hua Ta Kae Market, which had amazing Thai snacks and a beautiful riverside view.

On Day 3, we explored how to make mango sticky rice and participated in an egg foam technique workshop. After which, we went to Big C, a local supermarket.

On Day 4, we went to Udomkati Brewing Academy for a beer-making tour. I learned about how malting and mashing affects beer.

On Day 5 we visited Thammasat University for a sensory evaluation workshop. We then toured the CP Meji factory, where we learned how to assess milk quality upon delivery.

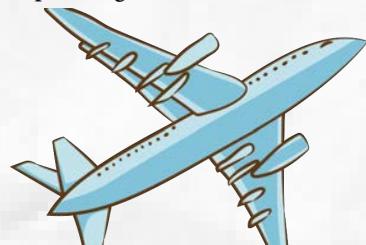
On Day 6, we visited the Panyapiwat Institute of Management (PIM) and learned about innovative food products, including cricket ice cream, pasta and sausage.



On Day 7, we dressed in stunning traditional Thai costumes at Wat Arun and had a fun photo competition. Later, at Bangkachao farm, we toured around the farm and held chickens. We learnt about sustainable farming methods, like reusing plastic for combustion fuel and using soil to feed earthworms, which produce fertilizer for the plants.

On Day 8, our last day, it was bittersweet but fun overall. We said our farewells to Thailand before departing back to Singapore

Overall, this trip has been such an amazing and educational experience. It was an incredible trip filled with food, fun, and learning. A huge thank you to our tour guides, lecturers, and the students from KMITL and PIM University for making this trip unforgettable!



Medan Study Trip

Reported and photographed by: Ang Jie Min and Shavonne Chen Si Xuan



We had the opportunity to travel to Medan, Indonesia from 22 to 26 Sep, to educate the local community about stunting.

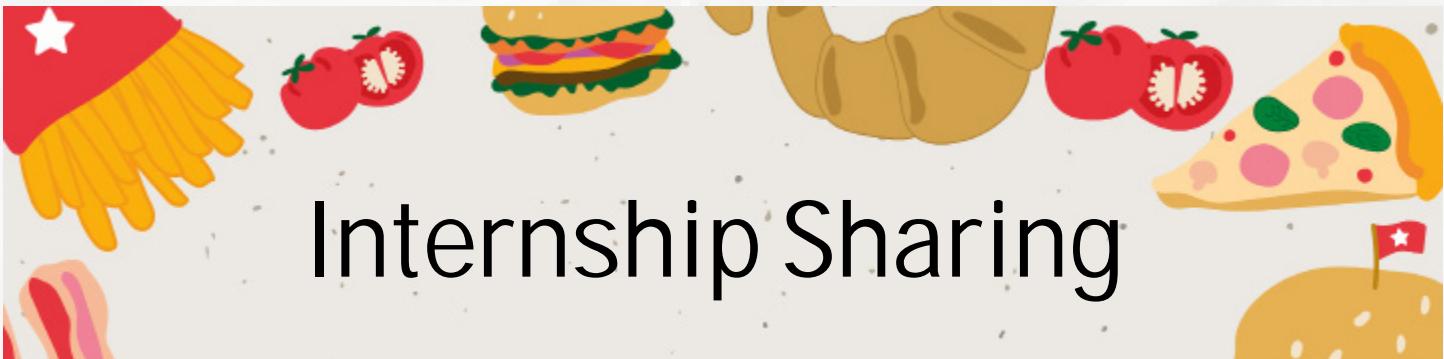
On Day 1, we finally met the Institute of Technology and Business (IT&B) students we had been working with online for weeks. We kicked off the day by visiting Istana Maimun, a beautiful historic palace, then headed to Brastagi Supermarket to check out the local food scene. After lunch, we visited Pos Bloc Medan, a former post office that has been turned into a community space. We wrapped up the day with a special dinner with Dr. Edmund Chia Keng Wei, who shared valuable insights on Indonesia's eating habits.

On Day 2, we visited The Upper Level restaurant, where Chef Kartika told us about her journey of blending local and modern cuisines. Later, we did a coffee cupping session, it was a great way to dive into Indonesian culture before resting up for the big day.

Day 3 was the highlight of our trip. We set up our booth, which covered four main topics: stunting and sarcopenia, animal- and plant-based protein sources, the Indonesian health plate ("Isi Piringku"), and the recommended dietary intake of key nutrients such as protein, iron, and calcium. Although we were all a bit nervous, the students were really engaged and asked great questions. It felt amazing to see them so interested in learning about nutrition. We also had the chance to network with others and try dishes prepared by the IT&B students. By the end of the day, we were tired but proud of everything we had accomplished.

On Day 4, our last day, we visited the Socfindo Conservation Medicinal Garden to learn about local herbs and their medicinal uses. We also had a tea cupping session to explore Indonesian tea culture. After lunch, we took a scenic trip to Lake Toba and visited a greenhouse filled with beautiful orchids before enjoying our final dinner in Medan. Though saying goodbye was emotional, the memories and lessons from this trip will stay with us.





Internship Sharing

Local Internships

Where did you do your internship, and what was your job role? What were your job responsibilities?

Sherrine:

I did my internship at ActiveHealth as a nutrition intern and my main job role was to facilitate nutrition workshops, generate nutrition analysis tables, develop recipe cards and do recipe trials. I was also able to help out at the fitness lab. I helped to correct the participants' form when doing exercises and set up the polar watches which measure their heart rate.

Serphine:

I completed my internship at A*STAR under the Singapore Institute of Food Biotechnology Innovation, as a research and product development intern. My role involved assisting my mentors with planning and carrying out experiments. I also had the opportunity to plan my own experiments and contribute ideas to ongoing projects. Additionally, I conducted research and wrote literature reviews.

How did you secure this internship opportunity?
What was the selection process like?

Sherrine:

We were able to pick our top three choices for internship placements and go for the interviews. I went through one round of interview with Active Health. The interview felt more like a get to know one another session and the questions asked were about your interests/passions.

Serphine:

I took up the A*STAR scholarship in Year 2. Thus, I interned for them, despite this I still had to go for their interview. During the interview, they asked for my experiences in school and my expectations if I were to enter A*STAR.

Sherrine making food at Active Health



Sherrine Ong Tze Ying
FNC Year 3 student

Applied Nutrition Elective Track

What knowledge and skills - both soft and technical- were most important for your internship?

Sherrine:

Knowledge wise, the basics such as generating nutrient analysis, macronutrient functionality were good to have. Soft skills such as good communication was important as it ensures that I could work closely and well with my supervisors without any miscommunication etc. Time management was also important as I was juggling between on site workshops and online work.

Serphine:

I picked up soft skills like organisation skills, communications skills and technical skills like proper usage of various equipments, research skills.

How do internships differ from studying?

Sherrine:

An internship differs from studying in that it offers hands-on experience and the opportunity to apply classroom knowledge in real-world settings. During my internship, I had the chance to deliver nutrition content to the public, educating them on making healthier choices in their daily lives—an experience I wouldn't have had in a lecture or school setting. I also worked with people from diverse age groups, which helped me improve my communication skills.

Serphine:

I would say during internship, it is more of independent learning, taking our own initiative whereas in school there are more guidance from teachers and peers.



Serphine with staff at A*STAR.

Local Internships (Cont'd)

What challenges did you face, and what were your most enjoyable moments?

Sherrine:

Some of the challenges faced included time management, presentation of content in the slides, and developing healthier versions of recipes without compromising on taste and flavour. For time management, initially I got overwhelmed having to multi-task with multiple tasks on hand but I learnt how to prioritize the task and complete them accordingly. I struggled with my slide presentation as my slides were too wordy and lacked visuals. However after getting feedback and with more practice I was able to improve on my presentation of slides. As for recipe development, I learnt how to incorporate healthier ingredient alternatives into recipes while keeping the taste profile similar.



How was your overall internship experience? How did you adapt to the company/work environment?

Sherrine:

My internship experience was without a doubt the best part of my Poly life. I had the opportunity to grow and learn so much everyday under the guidance and care of my supervisors. From learning the ropes to stepping out of my comfort zone. I was able to adapt easily as my supervisors orientated me well the first week so I knew how things worked pretty fast.

Serphine:

I would say my overall internship experience was amazing. I received strong support and guidance from my mentors, and was given the opportunity to explore and learn in the lab.



Sherrine sharing about why we need carbohydrates.

What are your plans after graduation?

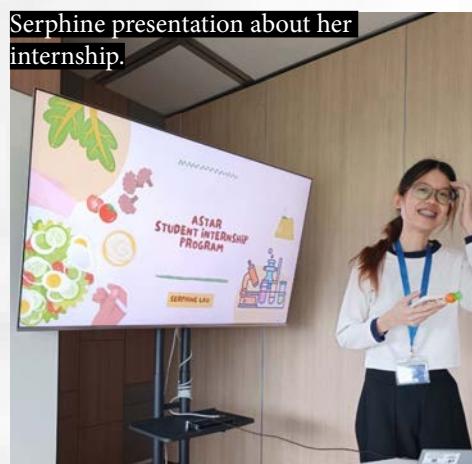
Sherrine:

The internship experience made me more inclined towards the nutrition field. I plan to apply for a nutrition course in SIT after graduation.

Serphine:

This internship made me realize that I do enjoy working in lab and would definitely want to carry on this pathway.

Serphine presentation about her internship.



Serphine Lau Su Fang
FNC Year 3 student

Food Technology Elective Track



Overseas Internships

Where did you do your internship, and what was your job role? What were your job responsibilities?

I did my internship at Ingredion, a food ingredient company that specialises in modified starch. I was posted in China, Shanghai. My job scope includes: innovate or prepare food samples for customer visits (i.e. food manufacturing companies), adjust recipes for sugar reduction application to mimic the control's characteristics and quality, conduct QC tests to ensure consistency in quality of Ingredion's products and assist in lab trials for different food applications (baking, snack, dairy, beverage, savory etc.)

How did you secure this internship opportunity? What was the selection process like? Did you have to go through an interview?

I was offered the internship by my lecturer! As my lecturer had close connections with an employee at Ingredion, they trusted his judgement, and I didn't have to go through an interview after applying!

What knowledge and skills—both soft and technical—were most important for your internship?

Having a solid foundation on food science is important. As you will be working in various food applications during your internship. You need to fully understand how everything works for Subjects like CoF (Chemistry of Food), SFI (Science in Food Ingredients) and PDM (Product Development and Marketing).

For technical/hard skills, knowing how to prepare a variety of dishes/food products will give you the upperhand. Knowing how to work in a kitchen will make you much more efficient in the culinology sector, while knowing how to bake breads, tang yuan etc. will be useful for other food applications like bakery/snacking. I also needed to apply lab skills like pipetting, preparing stock solution and operating analytical machines like water activity, pH meter, refractometer etc.

How do internships differ from studying?

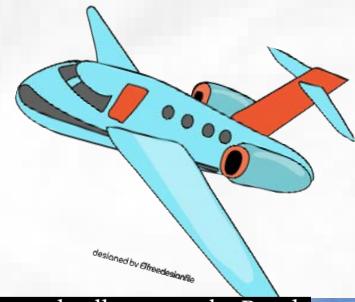
I find that most of the practicals or hands-on activities in Poly is similar to what I see or do during my internship. The main difference would be that I got to see what I learnt in year 2 of FNC come to life during my internship!

What challenges did you face, and what were your most enjoyable moments?

The most challenging part for me is the language barrier. I had poor foundation of Mandarin, which made it difficult for me to communicate with my colleagues for anything, be it understanding simple instructions, engaging in small talks or even asking for help. Despite the language barrier, my colleagues have a positive mindset, and were willing to slowly teach me Chinese, how to speak and the meaning of the various characters. My colleagues were very forgiving and patient, and told me it's okay to ask for help when I am unsure with anything. My most enjoyable moments was when I finally understood the instructions of my colleagues during a lab trial. I felt super accomplished as I managed to overcome a portion of my language barrier!

How was your overall internship experience? How did you adapt to the company/work environment?

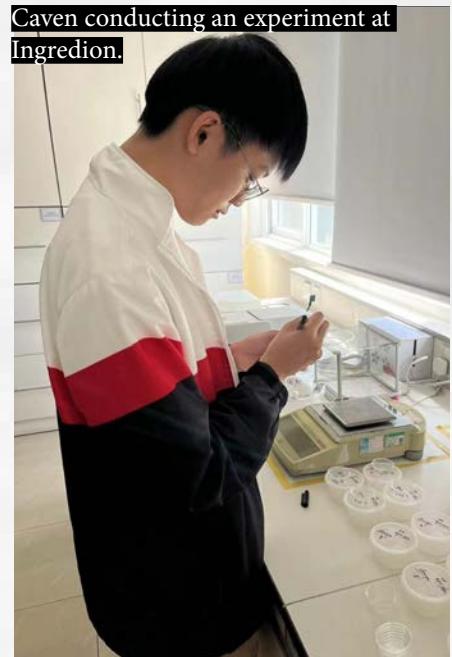
My internship experience was definitely very fruitful, meaningful, and definitely full of ups and downs. During this internship, I have gained knowledge in both my technical skills and foundation knowledge! It's important I understand the basics of food science, especially the characteristics of starch as I'm constantly working with starch despite the various food applications. During my hands-on activities and lab trials, I got to link the theory knowledge from school with the results of my experiments. At Ingredion China, I was truly blessed to be surrounded by colleagues who truly cared for me, ensuring that I'm coping well during my internship and stay in Shanghai.



Caven and colleague at the Bund, Shanghai



Caven conducting an experiment at Ingredion.



Caven Loo Jyn Xyan
FNC Year 3 student

Future Food Elective Track

Share your stories!

Have an interesting story to share or a note of appreciation for someone? We'd love to hear from you! Send your stories and shout-outs to us at tpascjournalism@gmail.com and your story may get featured in our next issue!