



School of Applied Science

FNConnects

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Temasek Polytechnic Diploma in
Food, Nutrition & Culinary Science



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FNConnects

Brought to you by: ASC Journalism Group
School of Applied Science, Temasek Polytechnic

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Welcome back to the second edition of FNConnects, the newsletter for the Diploma in Food, Nutrition & Culinary Science (FNC).

In this edition, four students share their personal stories about the Early Admissions Exercise (EAE). We also celebrate achievements in competitions and showcase a range of experiential learning opportunities. From hands-on, industry relevant workshops and immersive learning journeys, to global exposure and internships, our students are gaining valuable skills and insights that prepare them for an ever-evolving landscape.

We are truly grateful to the following:

- ASC Journalism Group – To the writers, photographers and editors, who brought this newsletter to life and the staff advisors who guided them.
- Current Students and Alumni – For generously sharing your stories with the community.
- Parents of Current Students – Your partnership in education has been instrumental for us to create an environment where our students can grow and flourish.
- FNC Team – For your passion and dedication in making learning engaging and meaningful for our students.

We hope this newsletter provides a glimpse into the vibrant environment and experiences we provide. We look forward to sharing more stories in future editions.



- Ms Johanna Tan, Course Chair
Diploma in Food, Nutrition & Culinary Science

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Early Admissions Exercise

The Polytechnic Early Admissions Exercise (EAE) offers students from various schools a chance to secure admission based on passion and aptitude. In this section, we highlight the EAE journey into Temasek Polytechnic's Food, Nutrition & Culinary Science, sharing insights from students on their experience and tips for future applicants!



Student Spotlight: My EAE Journey

Reported by: Aishwariya Lakshmi Vigneswaran & Joy Long Shi Xin

The Early Admissions Exercise (EAE) has opened doors for many of our students to pursue their passions confidently—securing a place in Temasek Polytechnic's (TP) Food, Nutrition, and Culinary Science (FNC) diploma.

Let's take a look at how our current students Charlotte, Rayden, Umirah, and Shermaine used their passion and preparation to get ahead of the game!

Why FNC? A Recipe of Passion and Purpose

From baking to biology, all four students had a genuine interest in food and nutrition.

- Charlotte developed her foundation in nutrition and food science during secondary school and saw EAE as a way to lock in her future early.
- Umirah's love for baking made the course a perfect match.
- Rayden had long been curious about both cooking and the science behind food.
- Shermaine, who aspires to be a nutritionist, was encouraged by a teacher to consider the EAE route—and never looked back.

All of them agreed that securing a place early through EAE lifted a huge weight off their shoulders during O-Levels, allowing them to focus on improving their weaker subjects.

Why Temasek Polytechnic?

Though they considered other polytechnics, TP stood out for its broad, hands-on curriculum that blends food science, nutrition, and culinary arts—a unique combination that sets it apart.

"TP's curriculum is broader and more engaging," shared Shermaine, who also appreciated the campus atmosphere and proximity to home.

Charlotte and Rayden also cited TP's practical learning style and industry-relevant training as major draws.



Portfolios with Personality

Preparing for the interview was no small task. Our students went above and beyond to showcase their passion; here are some unique ways our students prepared!

- Charlotte built a Wix website that featured her achievements, science experiments, and even a Telegram channel documenting her dishes.
- Umirah attended Education and Career Guidance (ECG) workshops and compiled her portfolio with guidance from her mentors.

All emphasized the importance of showing genuine interest through the portfolio and interview.

Life at TP: From Classroom to Career Pathways

Since joining TP, these students have grown—not just academically, but holistically as well.

- Charlotte joined the Food Interest Group (FIG), gaining real industry exposure by organizing events and working with external partners.
- Shermaine, shared that being in FNC has broadened her career perspective, showing her the many job prospects beyond nutrition.
- Umirah, now leaning toward nutrition therapy, chose the Applied Nutrition elective to better align with her growing interests.
- Rayden reflected on the challenge of adjusting to poly life at the start—but saw it as an opportunity to build self-discipline and independence.

Advice for Future EAE Applicants

The common takeaway? Be sure of your path.

"EAE is great if you're confident about your direction," said Charlotte. "But it's a commitment—so make sure it's something you truly want."

Their advice to juniors:

- ✓ Do thorough research on your course.
- ✓ Build a strong, passion-filled portfolio.
- ✓ Seek help from your teachers and ECG counsellors.
- ✓ Don't be afraid to take the leap—if you're ready, EAE can be your springboard to success.

Early Admissions Exercise



“For the interview, I prepared a write-up and attended Education and Career Guidance (ECG) workshops held by my school, which really helped with my confidence.”

Nur Umairah Binte Nazrulla

A Fresh Graduate
Applied Nutrition Elective Cluster



“No one really influenced my decision; it was something I felt strongly about on my own. EAE turned out to be a great decision—it definitely saved me a lot of worry, especially since the cutoff for EAE is more flexible.”

Kho Jia Qi Rayden

Year 3 student
Food Technology Elective Cluster



“I chose TP for its vibrant campus, teaching style, and proximity to home. While I did consider similar courses in other Polytechnics, TP's curriculum stood out as it is more comprehensive and engaging, especially with its unique inclusion of a culinary aspect.”

Nge See Min Shermaine

Year 3 student
Food Technology Elective Cluster



“Since joining TP, I've been involved in the Food Interest Group (FIG), where I've helped organise events and worked with external partners. It's been a rewarding experience that gives me real industry exposure.”

Ang Pei Ting, Charlotte

Year 3 student
Food Technology Elective Cluster



Celebrating Achievements

Every success of our students adds flavor to our collective journey, rising together like a perfectly baked loaf and proving that success is best when shared (like food). In this column, we take a moment to recognize and celebrate the incredible dishes our FNC students have served—be it in academic excellence, groundbreaking research, entrepreneurial ventures, or personal milestones. Their wins inspire us, reminding us of what's possible!

Join us as we spotlight their hard work, resilience, and triumph!

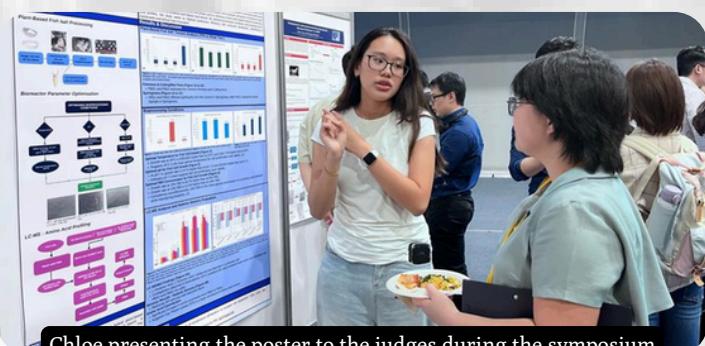


Young Scientist Symposium 2025

Reported & Photographed by: Hia Pei Xuan, Airah & Tan Woo Shuen Beth

Fishball. Plant-based. Cells. At first glance, these words might seem unrelated, but together, they form the final year project of Year 3 students, Ng Yi Xuan Chloe, Lim Rui Xuan Lecia and Caven Loo Jyn Xuan. Their project, titled "Development of Hybrid Plant-based Fishball with Cultivated Fish Cells for Flavour Enhancement", explores the innovative fusion of plant-based meat with our local delight, fishballs. The project was presented at the Young Scientist Symposium (YSS), where they were awarded the Certificate of Merit. Organised by the Singapore Society for Biochemistry and Molecular Biology (SSBMB) in collaboration with Science Centre Singapore, the event provides a platform for Polytechnic students to showcase their internship or final-year projects.

Chloe, a student in the Future Food Technology Elective Cluster, showcased her team's final year project at the symposium. Her passion for plant-based food began in her first year and grew through 90 hours of hands-on research in cell culturing during TP's Differential Research Programme. An internship in Quality Assurance and Control at Thai Airways further built her expertise, preparing her to contribute to an industry project with Fisheroo, a local cell-based fish company.



Chloe presenting the poster to the judges during the symposium

The team aimed to create a hybrid fishball using plant-based ingredients and cultivated fish cells for improved flavour and sustainability. Guided by Fisheroo, they conducted tests and market research to refine their formulation. Despite the challenges, they persevered and ultimately achieved their desired texture.



Chloe with competition mentor Ms Wu Manchao (left) and project supervisor Dr James Lim Yong Kian (right)

ADVICE TO JUNIORS

Read more, be critical of your sources, and don't be afraid to experiment!



"Chloe and her team are determined and focused, consistently going above and beyond to complete everything needed for the project. I'm very happy and fortunate to have students like them," their project supervisor Dr James remarked warmly.

For Chloe, the modules she took played a key role in shaping her project journey — especially Product Development and Marketing, which helped her team stay focused and aligned. Looking back, she described the project as her most challenging experience to date. It pushed her to think more deeply, work more efficiently, and adapt quickly. The project not only confirmed her passion for sustainable food innovation but also gave her valuable insight into the real-world demands of the industry.

"To have something that I worked so hard on be shown here, makes me really proud and gratified."

~ Chloe

Celebrating Achievements FHA Culinary Competition 2025

Reported by: Tan Woo Shuen Beth

Photographed by: Isaac Lim Ding Han, Lee Qian Ying Charlotte



From left to right: Chef Candy, Adrian Lin, Chef Jolene, Victoria Seck, Low En Yu, Lee Kai Shyan, Davien Ong, Chef Gary

Returning to Singapore in 2025, the Food Hotel Asia (FHA) Culinary Challenge offered TP students a valuable platform to test their skills under pressure and learn from a global culinary stage. Organized by the Singapore Chefs' Association and Informa Markets, and accredited by the World Association of Chefs' Societies, the competition drew chefs from around the world, setting a high bar for excellence.

For the TP team, the journey was intense and demanding. With only one month to prepare, students and mentors committed themselves fully to the process. Training sessions stretched late into the evenings and continued through weekends, forming a six-day training week. Beyond refining techniques, they conducted timed trials to simulate the pressure of competition, performed rigorous recipe testing, and handled logistical tasks like ingredient sourcing and marketing.

“There were late nights, numerous challenges, and immense pressure—but we persevered, stayed focused, and pushed through because we believed in our goal.”

~ Chef Jolene Lim



Strawberry Bavaroise Mousse, Raspberry Jelly, Raspberry White Chocolate Soil, Strawberry Compote & Rice Bubble Disk by Low En Yu



Tri-layered Vegetarian Jalousie, Cheese Stuffed Capellotti, Braised Japanese Turnip, Crusted Broccoli, Cauliflower, Ginger Puree, Miso Orange Beurre Blanc, Herb Oil by Victoria Seck

Each category posed unique challenges. From the Restaurant Dessert category, competitor Low En Yu shared that they had just 90 minutes to prepare two desserts from scratch, requiring precise execution and time management. From Practical Hot Cooking category, Victoria, one of the gold medalists, faced issues with unfamiliar equipment and less-than-ideal working environments. She recalled having to clean and set up a messy station left behind by others—costing precious preparation time. She also had to adjust to foreign equipment functions.

“From a young age, I watched cooking competitions which inspired me to take on this path. My grandmother also played an important part as I took on my culinary journey.”

~ Victoria Seck



Davien Ong and Victoria Seck at competition

Despite the intense physical and mental demands of the competition, the team's dedication paid off with exceptional results. Low En Yu, Chef Jolene Lim, and Lee Kai Shyan triumphed in the Restaurant Dessert category, earning Gold for their outstanding creations. Victoria Seck and Adrian Lin also claimed Gold in the fiercely competitive Practical Hot Cooking category. Davien Ong secured a well-deserved Silver in the Vegetarian category, while Adrian further showcased his versatility by earning Silver in the Modern Asian Main Course. Chef Jolene Lim's artistry was also recognized, as she was named second runner-up for Best Dessert, highlighting her skill and innovation.

Beyond the Classroom

Who said science students are book smart only? This column delves into the experiences that shape us beyond academics. Hands-on food science experiments, industry workshops, culinary competitions, or community projects. You name it, we have it. These activities provide real-world skills, new perspectives, and a deeper understanding of our field. Join us as we explore how life outside the classroom kneads our journey in food science, nutrition and beyond.

Singapore Food Agency (SFA) Visit

Reported & Photographed by: Justin Yong WeiLe, Joy Iong Shi Xin



Group photo with students and SFA staff

On January 10, 2025, our Year 1 and 2 students visited the National Centre for Food Science (NCFS), part of the Singapore Food Agency (SFA), to learn about its role in safeguarding food safety and how it has established itself as a trusted leader in food regulation. They also get the opportunity to explore the facilities filled with advanced instruments used by various laboratories at NCFS.

The tour kicked off with an introduction to NCFS, highlighting its contributions to Singapore's food safety ecosystem, including advanced testing, research on foodborne risks, and public education on safe food practices. During the session, students were introduced to a mobile laboratory, which provides on-site detection of potential biological, chemical, and radiological hazards to assess the nature, severity, and scale of food safety incidents.

Students then toured two key laboratories: the Chemistry Lab and the Biology Lab. In the former, they learned how the facility analyses food additives, allergens, and physical and chemical contaminants using sophisticated instruments such as the Gas Chromatography-Mass Spectrometer (GC-MS) and Liquid Chromatography-Mass Spectrometer (LC-MS) to identify and measure the concentration of particular compounds in food samples. Students also explored the sample preparation room where laboratory personnel prepare the samples before analysis and viewed the radiology room where samples were carried out for signs of radioactivity.



Next, students visited the Biology Lab, where they explored how to detect microorganisms in raw ingredients, such as *Salmonella* species in oysters. They used techniques like Polymerase Chain Reaction (PCR) and Nanopore Sequencing which allowed for identification and differentiation of foodborne pathogens through their DNA Sequences.

This tour took students on an eye-opening journey into the facilities at NCFS, where advanced scientific techniques and transformative innovations were used to maintain food safety and prevent outbreaks. From laboratory capabilities to working with stakeholders, they witnessed firsthand the rigorous measures that keep Singapore's food supply safe. This immersive experience not only expanded their knowledge but also sparked a deeper appreciation for the science behind food!

"Visiting the Singapore Food Agency opened my eyes to the incredible science and dedication behind every bite we eat — it's not just about food, it's about trust, innovation, and safeguarding our future."

~A Year 2 FNC student



Listening to explanations on the various branches of work in SFA

Beyond the Classroom

Kewpie Workshop



Reported & Photographed By: Tan Woo Shuen Beth

If you haven't yet explored the world of meatless meat, come and take a look at FNC students' experience in an exciting plant-based food applications workshop by KEWPIE Corporation and Sojitz Corporation. This workshop, held on 24 January 2025, began with insights into the Kewpie brand and its current projects, such as the valorization of eggshells, horizontal recycling of PET bottles, circular agriculture and its plant-based approach.

Following that, Sojitz provided broader clarity on the alternative protein industry. They highlighted its key benefits, discussed Singapore's meat-substitute market size, addressed its key challenges and explored ways to increase the usage of plant-based proteins.

Students had the opportunity to sample two dishes, a salad using Kewpie's mayonnaise and a burger using Sojitz's mock meat.

"I was pleasantly surprised with the rich, savoury depth of the mock meat, which elevated the dish. It had a natural and satisfying texture, which was very much like traditional meat, and there wasn't an overly synthetic aftertaste."

~ A student commented



Unlike others in the industry, which often fall short with overly artificial mouthfeels, Sojitz's mock meat stood out, impressing students who eagerly scarfed down the dishes.



Students in action creating dishes using plant-based food alternatives



Samples of Kewpie's Mayonnaise and Sojitz's mock meat



In the next segment of the workshop, students were tasked with a challenge: Work in groups to brainstorm and create an innovative dish combining Kewpie's mayonnaise and Sojitz's plant-based meat within an hour. The students eagerly gathered their ingredients and jumped into cooking.

After the intense battle in the kitchen, it was now up to the panel of judges, comprising representatives from Kewpie and Sojitz, along with FNC lecturers, to decide the outcome. Fortunately, the variety and creativity of the dishes produced impressed the judges, with the most outstanding 3 groups receiving Kewpie merchandise.

"I took inspiration from my personal experience and the knowledge I gained during my diploma, while making full use of the binding ability of Kewpie's mayonnaise and the physical properties of Sojitz's mock meat to create my dish."

~ A student shared

This experiential learning provided students with the window of opportunity to learn more about plant-based meat and the importance of chefs in building up the alternative protein industry. The hands-on aspect further developed students' problem-solving and collaboration skills via group work.

Beyond the Classroom

Lim Kee Competition



Reported by: Aishwariya Lakshmi Vigneswaran

Photographed By: Nisa Nabilah, Lee Qian Ying Charlotte, Isaac Lim Ding

Han and Joy long Shi Xin

For generations, 'Siew Mai' and 'Red Bean Pau' have been cherished dim sum favourites of Singaporeans, filling tables with nostalgia and comfort. On March 4, 2025, students from across all 3 years in the Diploma in Food, Nutrition & Culinary Science (FNC) integrated these traditional staples into a modern twist. In collaboration with Lim Kee Food Manufacturing Pte Ltd, students embarked on a challenge where they reimagined these classics into unique, personalized creations.

Stepping into the competition, students knew they had to balance innovation with nutrition. They experimented with textures, flavors, and ingredients, ensuring the essence of Siew Mai and Pau remained intact while elevating their nutritional profiles. Industry experts – Mr. Ang Khim Wee (Business Development Lead of Lim Kee Manufacturing), Ms. Angelyn Chew (Creative Director of 'SG Foodie Fam'), Ms. Johanna Tan (FNC Course Chair), and Chef Gary Lim (Lead Instructor of the Future Foods Team at Temasek Polytechnic) judged each dish on its nutritional benefits, creativity, taste, and presentation.

The competition showcased bold ideas and fresh takes on how to integrate traditional flavours. The Tomato Siew Mai Pasta by Serphine Lau Su Fang and Choo Yu Ying clinched 'Best Overall Dish', transforming traditional siew mai into a flavourful pasta dish that seamlessly blended Eastern and Western influences. The Siew Mai Taco Burger with Yogurt Sauce by Hia Pei Xuan Airah and Vernice Chia Rui Ling secured 'Best Innovation and Nutritious Dish', impressing judges with its creative fusion. Last but not least the Siew Mai Wellington by Ng Qian Hua and Ho Zhi En attained 'Best Presentation and Market Fit', for their discerning eye in presentation and market appeal.



Judges listening to the dish presentations



Top: Siew Mai Pasta (Winning dish)
Bottom left: Siew Mai Wellington; Bottom right: Siew Mai Taco Burger

"I think one of the key objectives was to work together with the school and students to learn what more can be done from these traditional snacks."

~ Mr Ang Khim Wee

Lastly we would like to extend our sincere thanks to Lim Kee Manufacturing for making this competition possible, allowing our students to explore their culinary creativity and skills.



Group photo with all guest judges and participants

Beyond the Classroom

Clinical Nutrition & Food Service Management Project

Reported and Photographed by: Justin Yong WeiLe and Joy Long Shi Xin

In Year 3, FNC students gain industry experience through the subject Clinical Nutrition and Food Service Management under the Applied Nutrition Elective Cluster, applying their knowledge in real-world healthcare settings. With cancer being a leading cause of death in Singapore - and colorectal cancer among the most common - this project focuses on Medical Nutrition Therapy (MNT) for cancer patients. Through this hands-on experience, students develop a deeper understanding of nutrition's role in prevention, treatment and recovery, preparing them for future careers in healthcare and food service management.



Students collecting the pre-ordered meals in Bistro Lab

To start off, one group came up with the Cancer Kickers Combo menu, designed to be nutritious, budget-friendly, and beneficial not only for colorectal cancer prevention but also for other chronic diseases like diabetes and high blood cholesterol. Every component — basmati rice, turmeric-marinated chicken, spinach with wolfberry sauce, and a blueberry tart — was carefully selected for its health benefits, such as boosting immunity, reducing inflammation, and supporting gut health. One member reflected, "We faced challenges like budget constraints and preparing appealing marketing materials which we weren't familiar with, but through consults with our lecturers we managed to refine it!" Another added, "We gained practical experiences in menu planning, food production, and marketing". Both shared the positive takeaways they had from this project.



Left: Healing Bites ; Right: Cancer Kicker Combo

The other group designed Healing Bites, created to raise awareness of colorectal cancer and promote healthy eating to reduce the risk of those prone to developing the disease. This menu features three grain fried rice with quinoa, baked zinger chicken, ratatouille, and a pear galette. Each item is packed with nutrients, antioxidants, fiber and vitamins – key elements in reducing colorectal cancer risk.

"One of the things we loved about this project was the research and development (R&D) process - constantly improving the recipes into a better and healthier product aligned with our goal of colorectal cancer prevention."

~ A student shared

These insights highlight how the students grew through this project. These meals were served in Bistro Lab to the campus community.

This project underscores the importance of planning, adaptability, and continuous improvement. Beyond menu creation, students get to experience how to budget, develop recipes, and execute meal orders — bridging theory with real-world application.

Bistro Lab, a learning enterprise under the School of Applied Science, serves as a dedicated training platform for students in the Diploma in Food, Nutrition & Culinary Science. Through work-based learning, students gain hands-on experience managing daily operations, enhancing their practical skills, and strengthening their connection to real-world industry practices.

In addition to being a training venue, Bistro Lab acts as an innovation hub where faculty and students collaborate with industry partners to test and refine new food concepts and ingredient applications. The menu reflects this exploratory approach, featuring functional ingredients and carefully curated food offerings designed to promote health and wellness.

Overseas Experiences

We now turn our attention to the invaluable educational experiences outside our little island. Our Year 1 students embarked on a cultural adventure to Chiang Mai, Thailand, navigating its bustling night markets and broadening their worldview. Year 2 and 3 students travelled to Yangzhou and Shanghai, China, where they encountered breathtaking landscapes and deepened their insights on China's food industry. These journeys fostered growth, discovery and deepened our students' global awareness.



Global Studies in Chiang Mai

Reported and photographed by: Lee Qian Ying Charlotte and Joy Long Shi Xin

LET'S GO

What does it mean to truly experience a different culture? Is it the sights, the food, or the people you meet? For the FNC students, stepping off the plane into Chiang Mai marked the beginning of a 6-day journey that would open their eyes to the richness of Thai traditions. Global Studies is a TP Fundamental subject that provides students with essential skills and knowledge, equipping them with a global mindset. During their November trip to Chiang Mai, the weather was comfortably cooling at 18–30°C. Chiang Mai's streets and temples glowed with paper lanterns for the upcoming Loy Krathong festival.

#1 Night Market Adventures



On the first night, students explored the Sunday walking street market, filled with handmade crafts, clothes, and a variety of street food. "I bought elephant pants as elephants were the Thai's symbol of strength and intelligence, and I wanted something to remember this trip by. The freshly fried sweet potato balls were AMAZING!" one student excitedly commented. The market featured Moo Ping, savoury Thai pork skewers, and even fried insects for the adventurous. By the end of the night, everyone left with unique souvenirs and cherished memories of the vibrant market experience, making it one of the highlights of their trip to Chiang Mai.



Wefie with night market goodies

#2: Loy Krathong Festival

Another trip highlight was crafting floating lanterns for the Loy Krathong Festival using banana tree stumps, leaves, and flowers. After traveling by songthaew to a nearby river, students released their lanterns, reflecting on the festival's meaning—honoring the water goddess, seeking forgiveness, and letting go of negativity. "It was such a fun and meaningful experience, and it gave us a deeper appreciation for Thai culture while creating unforgettable memories with our friends and buddies".



Completed floating lanterns



FNC students and Thai buddies in a songthaew traveling to the river

Reflections

This trip was a pivotal experience in connecting students with the wider world and an important step in broadening their horizons. The friendships built and the memories created during this Global Studies Trip will definitely be etched deeply in each and every heart, constantly acting as a timely reminder of the beauty of connection and the richness of shared experiences.



Visiting Thai temple



FNC students and Thai buddies outside Cultural Centre

MORE ON THE
OTHER SIDE

Overseas Experiences

Overseas Study Trip to China



Yangzhou

Reported and photographed by: Yap Yi Hui Wynn

Day 1

Our first stop was Yangzhou, a city steeped in elegance and heritage. The visit to *Shou Xi Lake*, also known as Slender West Lake, was unforgettable. The scenery was breathtaking: cherry blossoms in full bloom, willows swaying in the breeze, and traditional Chinese architecture surrounding the water. While walking around the lake with my friends, we took casual photos for a keepsake and admired the peaceful landscape.

One of my favourite experiences was the paper-cutting workshop at *Yangzhou Intangible Cultural Heritage Museum*, where we crafted intricate panda designs. Though the pattern seemed simple, it required precision and patience. With guidance, we carefully cut out each detail. Seeing everyone so focused was rewarding and heartwarming, and we were proud of our final creations.

Day 2



Students @ Yangzhou University

Automated Milking Process @ Yangzhou University Dairy Farm

Our visit to the *Yangzhou University Dairy Farm* was eye-opening. It gave us a deeper understanding of milk production and animal management. We learned that over 800 cows on-site are female, while male calves are typically sent off as food cattle. This reality sparked meaningful discussions about animal welfare and the hidden side of food sourcing.



Chef demonstrating knife skills of cutting 文思豆腐, Wen Si Tofu



炒干丝, Tofu Noodles in broth



扬州炒饭, YangZhou Fried Rice



Students taking on cooking challenge

One of the most unforgettable moments at the *Yangzhou University Campus Workshop* was the demonstration of 文思豆腐 (Wen Si Tofu), a dish known for its incredible knife skills. We watched in awe as the chef delicately sliced a block of silken tofu into hundreds of impossibly thin threads while keeping the tofu's shape perfectly intact. The shredded tofu was then presented in a clear soup. It was more than a dish; it showcased precision, patience, and culinary skills. After the demo, it was our turn to get hands-on. With the help of student volunteers, we cooked two dishes: the iconic 扬州炒饭(Yangzhou Fried Rice) and 炒干丝 (Tofu Noodles). Cooking these dishes was more challenging than expected, but the result was satisfying.

Day 3

Our visit to *冶春 (YeChun)* gave us a behind-the-scenes look at large-scale food production, specifically focusing on the production process of steamed buns. One of the highlights was being able to witness both handmade and machine-produced baos. This allowed us to directly compare the artistry of traditional methods with the efficiency of modern technology. It was fascinating to see how both processes coexist in a modern food facility, each serving a different purpose depending on the quantity required, speed, or craftsmanship.

Our recent school study trip to Yangzhou and Shanghai, China, was an eye-opening journey that offered a rich blend of cultural immersion, food science exploration, and real-world industry exposure. From serene lakes and cherry blossoms to advanced food technology labs and bustling city life, every moment was filled with learning and discovery.



Lecturers at Shou Xi Lake



Students at Shou Xi Lake



Students proudly showcasing their finished creations



Students and lecturers at冶春, YeChun

Overseas Experiences

Shanghai

Reported and photographed by: Yap Yi Hui Wynn

Day 4

On the way from Yangzhou to Shanghai, we visited *Kerry Plant in Nantong*, a large-scale food manufacturing facility. The vast scale of operations and the integration of automation were truly remarkable. The sensory evaluation segment was particularly eye-opening. Compared to the simplified forms we learnt in school, the professional sensory forms, like those used for McDonald's evaluations, were extremely detailed and technical.



Day 5

At *Shanghai Ocean University*, we learned about fish processing and surimi production. We discovered that factors like fish type, fat content, and temperature affect texture. We made fish balls from scratch and noted their soft, clean taste. This experience highlighted sustainable practices and gave us new insights into fish-based product development.



Students learning about fish and surimi production

Later that afternoon and evening, we had the chance to explore some of the city's most iconic landmarks, giving us a taste of both its modern energy and historic charm. We explored *Nanjing Road* and *ChengHuangMiao*, where we enjoyed browsing souvenirs and indulging in local snacks. Later that night, we visited *The Bund*, and the contrast between historic buildings and the modern skyline was stunning. The night views were magical—perfect for photos to capture unforgettable memories!



Visit to ChengHuangMiao



At Nanjing Road



At The Bund



Day 6

Our visit to 康师傅 (Master Kong) offered valuable insight into how one of China's top food companies maintains quality and market leadership. We toured their facilities and saw how AI and technology support supply chain monitoring and marketing. It showcased the scale, innovation, and adaptability behind their success.



Lion den at Shanghai Wild Animal Zoo



Students and lecturers @ Master Kong

Our trip to the *Shanghai Wild Animal Zoo* was a refreshing and exciting change of pace. It gave us the chance to connect with nature and observe a variety of animals up close. One of the most memorable parts of the visit was the tour on the safari-style vehicle. The safari-style drive-through let us view lions, tigers, and bears up close, creating an immersive encounter with wildlife. We also explored the zoo on foot, spotting adorable pandas, capybaras, and kangaroos in spacious, natural enclosures.



Thoughts?

This trip taught us the value of curiosity, adaptability, and cultural appreciation. Most of all, what we'll treasure are the memories we made together: laughing on long bus rides, taking endless photos at scenic spots, trying new foods for the first time, and simply enjoying each other's company. These shared experiences will stay with us for a long time to come, and these friendships are what we will carry into the future.

— Internship Insights —

Student Internship Programme provides Year 3 students with the opportunity to gain hands-on experience in real-world work environments. It allows students to apply their academic learning in a professional setting, bridging the gap between theory and practice. Internships can either take place locally or overseas. Serving as a stepping stone, internships open doors to future career opportunities, helping students develop essential skills and industry connections. Let's hear from our Year 3 students as they share their internship experience.

Student spotlight: Local Internship

Reported by: Ang Jie Min



"I did my internship at the National Kidney Foundation (NKF) where I help assist the dietitians by applying skills I learnt in school such as nutrient analysis and conducting nutritional assessments. Through my internship, I learnt that effective communication is the key to adapting to the work environment and building relationships with coworkers, which helped me to navigate challenges and gain deeper insights into the field."

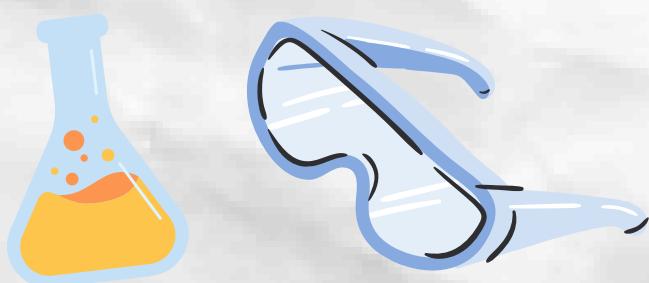
My overall internship was a dynamic journey filled with both challenging and rewarding moments. After graduation, I plan to pursue further studies in the science field either locally or overseas while also keeping an open mind about exploring other fields."

- Heng Shu Yu Nydia
(Applied Nutrition Elective Cluster)

"I did my internship at Fisheroo and Future Foods Domain where I worked in R&D (Research and Development) for bioprocess development. I was mainly responsible for conducting research and experiments related to bioprocess optimization, particularly in cell culturing for alternative proteins."

My overall internship was quite challenging as I have to plan my own experiments and conduct independent research beyond my field of studies, but I adapted by keeping an open mind. Despite the challenges faced, I enjoyed working and interacting with my colleagues, learning from them and contributing to the exciting projects. Through internship, I developed a stronger interest in downstream food product innovation."

- Lim Rui Xuan Lecia
(Future Foods Technology Elective Cluster)



—Internship Insights—



"I completed my internship at Silesia, a flavour house, where I had the opportunity to explore basic tastes and experiment with unique flavour combinations. My role involved managing data, handling customer projects, conducting product matching, and evaluating flavors. One of the challenges I faced was understanding the distinct names of various flavours, which were unfamiliar to me. To bridge this gap, I took the time to study while preparing for smell association tests.

A highlight of my experience was engaging in hands-on activities such as baking and making gummies with customers during a lecture session. Throughout my internship, I developed both technical and communication skills, which have been invaluable to my growth. The supportive and welcoming work environment made it easy to adapt, and I thoroughly enjoyed my time at Silesia."

- Hmone Nantha Moe
(Food Technology Elective Cluster)

Student spotlight: Overseas Internship

Reported by: Ang Jie Min

"I did my internship at Thai Airways catering in Bangkok, mostly under the Quality Assurance department. My main responsibility was conducting analytical tests for airline meals while having the opportunity to follow different audits to understand food safety guidelines in production. One of the biggest challenges I faced was the language barrier where the people who knew how to speak English were in a different department. I ended up having to rely on Google Translate and the basic Thai words I learnt prior to the internship.

Overall, my internship was very insightful and interesting, opening my mind to job opportunities in quality assurance, and after graduation, I plan to continue in this field and eventually become a freelance auditor."

- Avril Lee Jia Yi
(Future Foods Technology elective cluster)

