



School of Applied Science

**FNConnects**

**AY 25/26 October Edition**

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Temasek Polytechnic Diploma in  
Food, Nutrition & Culinary Science



@ascfig



# CELEBRATING ACHIEVEMENTS

OCT EDITION AY2025/2026

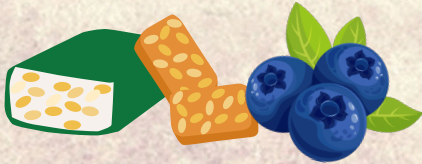
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## The Dialysis-Friendly Kitchen: Student Challenge Edition 2025

*Reported by: Tan Woo Shuen Beth    Photographed by: Neo Cheng Yu, Ng Xin Yee Kayla, Isaac Lim Ding Han*

Organised and hosted by FNC and supported by National Kidney Foundation Singapore, students from Temasek Polytechnic (TP) Diploma in Food, Nutrition & Culinary Science (FNC), Singapore Polytechnic (SP) Diploma in Food Science & Technology (FST), and Nanyang Polytechnic (NYP) Diploma in Food Science & Nutrition (FSN), came together for The Dialysis-Friendly Kitchen: Student Challenge Edition 2025. This competition challenged students to design and prepare dialysis-friendly meals that can support real-life patients' diets.

For our FNC Year 2 students, Ho Zhi En and Ng Qian Hua, this competition marked another milestone as a team, after attaining 'Best Presentation and Market Fit' in the TP x Lim Kee Food Manufacturing FNC Competition 2025. Motivated by their shared passion for culinary science and nutrition, they were drawn to participate again, linking their creations to knowledge from FNC modules such as Lifespan and Community Nutrition that sparked their interest in integrating nutrition into practical culinary solutions.



Students faced challenges in enhancing the dishes' nutritional value without compromising on flavour, all while working under time constraints. Despite these obstacles, they persevered, showcasing creativity and bringing innovation to the table. This experience was not only about cooking, but also about making a difference to the lives of patients through food.



**FNC Finalists with Competition judges and teachers**



**Agar Fruit by Team Dialysis Duo**



**Thai Green Chilli Fish Rice Bowl by Team Kampunglicious**



**Tofu Blueberry Mousse by Team SaltnPepper**

*Despite the intense physical and mental demands of the competition, the teams' dedication paid off with exceptional results:*

- **Best Overall Award:** Team Dialysis Duo (Ho Zhi En, Ng Qian Hua) with Asian X Western Fusion and Agar Fruit
- **Best Single-Course Lunch Award:** Team Dasyat Korner (Siti Nur Syakirah Binte Imran, Daryl Thoe) with Apple-Tempeh Protein Bar
- **Best Snack Award:** Team Kampunglicious (Nur Syahirah Binte Saini, Dianah Hanis Binte Zulkarnain) with Annyeong Hotteok and Thai Green Chilli Fish Rice Bowl
- **Top 8 Finalists:** Team SaltnPepper (Faith Chenin Goh, Maxine Yow Xuan) with Mediterranean Chicken Crunch Wrap and Tofu Blueberry Mousse



# CELEBRATING ACHIEVEMENTS

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## SG60 Local Produce Menu Campaign

*Reported & Photographed by: Low En Yu*

To celebrate Singapore's 60th birthday, the Singapore Agro-Food Enterprises Federation (SAFEF) launched the SG60 Local Produce Menu campaign, encouraging culinary professionals, students, and home cooks to create dishes featuring fresh, locally farmed ingredients. This initiative aimed to promote local agriculture and increase awareness of Singapore's food sustainability efforts, including the "30 by 30" goal to produce 30% of our nutritional needs locally by 2030.

As part of the campaign, FNC students received a curated SG60 Local Produce Hamper from the SG Farmers' Market, which included a variety of locally farmed produce such as leafy greens, fragrant herbs, mushrooms, eggs, microgreens, and seafood. Guided by Chef Gary Lim, the students transformed these ingredients into five approachable dishes, brainstorming and refining their recipes for balance and creativity, eventually presenting 5 creative dishes.



### The students' 5 creative dishes

- Stuffed Mushrooms with Tilapia Fish Paste and Nai Bai
- Local Vannamei Prawns with Chilli Crab Sauce
- Pan-Fried Seabass with Thai Green Curry
- Seafood Fried Rice with Local Vannamei Prawns
- GR8 Prosperity Mixed Salad with Local Eggs and Honey Mustard Dressing



**Pan-Fried Seabass with Thai Green Curry**



**Seafood Fried Rice with Local Vannamei Prawns**

*"It was a valuable chance to apply our classroom learning to a real-world platform. We now further understand the importance of supporting local farms and promoting food sustainability."*

*~ Low En Yu*



**GR8 Prosperity Mixed Salad with Local Eggs and Honey Mustard Dressing**



**Participating FNC students with Ms Johanna and Chef Candy**

On 21 July 2025, the students showcased their creations at the SG60 Local Produce Menu Appreciation Reception held at Coriander Leaf Restaurant. They mingled with industry professionals, sharing not only their dishes but also the stories behind each creation. This experience allowed them to apply their classroom learning in a real-world setting, enhancing their understanding of locally grown produce and the importance of supporting local farms and promoting food sustainability.



# CELEBRATING ACHIEVEMENTS

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## Singapore Institute of Food Science & Technology Quiz Bowl

*Reported by: Tan Woo Shuen Beth  
Photographed by: Isaac Lim Ding Han*

On the 14 May 2025, 8 FNC students who emerged victorious in the TP FNC Internal Food Quiz Bowl gathered to participate in the SIFST Quiz Bowl.

Bringing together students from NUS, NTU, SIT, NYP, SP and TP, the event saw intense competition and spirited participation.

Tension filled the air as the questions became increasingly difficult. The topics covered included food safety systems, food science and processing, as well as human nutrition. The students' knowledge and expertise in food science were put to the test. From the back of the hall, their peers silently cheered them on and shared every moment of the excitement. After the first round, both of TP's teams were two of the top five teams across the schools. The atmosphere was uplifting and spirited as everyone celebrated the hard work and dedication that had brought them thus far. Despite neither of the teams taking home the win in the finals, they displayed sportsmanship and congratulated one another, filling the air with excitement and pride.

Congratulations to all our students who represented our school:

Team 1: Serphine Lau Su Fang, Ng Yi Xuan Chloe, Shyanne Koh Yi Xuan, Siti Nur Syakirah Binte Imran  
Team 2: Daryl Thoe Jun Yin, Kho Jia Qi Rayden, Ang Pei Ting Charlotte, Ng Jun Jie Nester

## Colorectal Cancer Awareness Week

*Reported & Photographed by: Nadim Nur Aiman*

As part of Colorectal Cancer Awareness Week, students from the Applied Nutrition elective cluster set out to raise awareness through something everyone loves – food! They created a balanced lunch bento with carbs, protein, veggies, and dessert, each designed to show how healthy eating supports gut health. Two amazing bentos were created: The Gut-Dians Bento Box and El Gut-O Loco Bento. Some of the dishes included were Penang Laksa Fish and Blueberry Crumble Cake.

Beyond cooking, they handled menu planning, costing, recipe standardisation, and promotions. With support from the Singapore Cancer Society and their popular Gut Health Cart, crowds were drawn in while spreading important messages on cancer prevention.

The results? They far exceeded the aim of 80 sets, raising around \$2,400!



*"It was a challenging yet rewarding journey that taught us teamwork, planning, and perseverance – and proved that food can be a powerful way to spread awareness."*

*A huge thank you to our chefs, lecturers, and everyone who supported us – we couldn't be prouder of what we achieved together!"*



# OVERSEAS EXPERIENCE

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## TF Scale - to Hanoi, Vietnam 🇻🇳

*Experience of Kaelye Quah En-Qi*



Group activity discussion

TF SCALE is an overseas exchange program that aims to promote cross-cultural learning, leadership development and collaboration among students from different countries. During our outbound trip to Hanoi, Vietnam, we were hosted by students from Hanoi University of Science and Technology (HUST). Together, we participated in various cultural activities, industry visits and team-based projects.

From this two-week experience (14 to 27 September 2025), I have gained many valuable lessons, especially in communication. I learnt that speaking in English was not always effective or easily understood, so I had to adjust my way of speaking to sound clearer and use simple gestures when interacting with our Hanoi peers. This helped me to convey my thoughts better and made conversations more engaging.

Teamwork was another learning point I gained. Collaborating with both my Temasek Polytechnic (TP) and Hanoi peers taught me the importance of listening to different perspectives, delegating tasks, and supporting one another. Through the group activities and projects organised by HUST, I learnt how to communicate effectively and tap into each team member's strength to achieve our common goals.

One of the most memorable experiences was trying out different local dishes, such as Phở, Bún chả and Bánh mì, that were recommended by our Hanoi peers. Tasting these iconic foods gave me a firsthand experience of Vietnamese culture, from the unique flavours and ingredients to how we enjoyed meals together. It was fascinating to see how food itself can bring people closer and create such lasting memories!

Another unforgettable moment was visiting Vạn Phúc Silk Village as part of our community engagement programme. During a workshop led by staff with disabilities, I had the chance to create collages inspired by Vietnamese folk stories. The process uses tiny, delicate silk fabric scraps, making it challenging. However, with the guidance of the staff, I was able to complete my piece! This hands-on experience deepened my understanding and appreciation of the artisans' dedication and the significance of their work.

In conclusion, this opportunity allowed me to grow personally and professionally. It was truly eye-opening to learn from diverse perspectives, and to build meaningful connections with my peers. This experience helped me appreciate the beauty of Vietnamese culture and traditions, leaving me with new friendships and memories that I will always cherish.



Students showing their finished collages



Group photo



# OVERSEAS EXPERIENCE

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## Overseas Study Trip to Hong Kong & Shenzhen



### *Experience of Aishwariya lakshmi Vigneswaran*

From 14 to 20 September 2025, students from Temasek Polytechnic (TP)'s Diploma in Food, Nutrition & Culinary Science (FNC) embarked on an educational and cultural journey to Hong Kong and Shenzhen to learn, explore, and experience food science on a global stage.

The adventure began with a visit to the Hong Kong Science Museum, where students explored interactive exhibits ranging from renewable energy to dinosaur fossils. The next day at Hong Kong Polytechnic University, esteemed lecturers gave an insightful talk about their research and publications. Students also had the opportunity to tour the campus and dine at the university's family-style restaurant, gaining a glimpse into the daily life of Hong Kong students.

That evening, the group visited Victoria Harbour and the Avenue of Stars, where the skyline and sea breeze left a lasting impression. The next day's visit to the University of Hong Kong further expanded students' academic perspectives, as professors shared the wide range of cross-disciplinary opportunities available to their nutrition undergraduates. A visit to Lee Kum Kee was another highlight; students gained a behind-the-scenes look at the company's laboratories, learning about food safety, operations, and innovation. The tour concluded with a live cooking demonstration featuring two signature dishes that blended tradition with creativity.



Group photo



Live cooking demonstration at Lee Kum Kee



TP students conducting a titration experiment with Shenzhen Polytechnic University peers

One of the TP students, Ang Pei Ting Charlotte, reflected, "It was an eye-opening experience that broadened our understanding of how the food industry thrives internationally."

Crossing the border into Shenzhen, students observed striking differences in architecture and culture. At Freshippo, a futuristic supermarket, they were amazed by the abundance of ready-to-eat foods and advanced self-checkout systems. At Shenzhen Polytechnic University, students conducted a titration experiment alongside local peers, experiencing first-hand how China's education system emphasizes independence and technological advancement. TP students also communicated with the Shenzhen students, allowing for an exchange in culture and way of life.

Industry visits to Centre Testing International (CTI) and Evirthfood provided valuable exposure to food testing, product quality assurance, and modern manufacturing processes in China's dynamic food industry.

The FNC team extends its appreciation to all the universities, polytechnics, and industry partners who graciously hosted and shared their expertise, making this overseas study trip a truly memorable and inspiring journey.



# BEYOND CLASSROOMS

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## Kosmode Health Workshop

*Reported by: Hia Pei Xuan Airah, Photographed by: Low Yu Le Jaden*

On 22 July 2025, Year 1 FNC and Common Science Programme (CSP) students participated in Makan Magic 2 workshop, a collaborative cooking workshop between TP and KosmodeHealth Singapore.

The event began with a speech from guest speaker Chef Karen Lam, Business Development Manager of KosmodeHealth Singapore, who addressed the issues of excessive farming and food waste. She introduced ProTEGO, a high-protein, high-fibre noodle made from repurposed ingredients, aimed at addressing current issues in agriculture.

Students then participated in a cooking contest, where Chef Karen demonstrated how to use the noodles, offering cooking tips and presentation ideas. The kitchen buzzed with the aromas of various international cuisines. The judging panel consisted of Ms Florence Leong (Founder and Director, KosmodeHealth), Chef Karen, Chef Candy (Culinary instructor, FNC) and Ms Siti Saifa (Nutrition lecturer, FNC)

Want to know more about the winners along with their recipes? Head on over to the ProTEGO website to see for yourself!



Judges evaluating the creations

[CLICK HERE!](#)



Group photo of students with chefs and organizers

## Professional Pastry Workshop

*Reported by: Kho Jia Qi Rayden, Tan Woo Shuen Beth  
Photographed by: Kho Jia Qi Rayden, Faith Chenin Goh*

On 17 June 2025, FNC students participated in a Professional Pastry Workshop held in partnership with FrieslandCampina Professional and Bidfood Singapore Pte Ltd, supported by Singapore Chefs' Association and Singapore Pastry Alliance, represented by Chef Gary Lim.

The workshop consisted of two sessions: Flavours of Singapore and Flavours of Europe. Chef Dexter Lee, Chef Lim Jia Yong, and Chef Chew Wei Lung demonstrated their skills, creating unique pastries inspired by both Singaporean and European flavours. Notable creations included Fleur Rouge and Blood by Chef Dexter, The Floral and Rafflesia by Chef Wei Lung, Verde and Caffea by Chef Jia Rong.



*"As a visual learner, I found the workshop beneficial as I could pick up skills from watching and listening to the demonstrations, something I could not attain from reading recipes online. I felt inspired to undertake personal home-based pastry projects."*

*- Rayden Kho, Participant*



Chefs' creations



Food tasting session

Students gained insights into pastry making via live demonstrations by the Singapore Pastry Team and had the opportunity to taste the chefs' creations. This allowed students to experience professional pastry craft firsthand and attain valuable experience that they can apply in their future endeavours.



# BEYOND CLASSROOMS

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## High-Performance Sport Institute (HPSI) Visit

Reported by: Neo Zi Ying Jozanne Emmanuel



Group photo with HPSI staff and Shane

The learning journey began with a sharing session by Ms Liyan Huang, Head of Sports Nutrition at Sport Singapore, who discussed the importance of travel nutrition for athletes, including the consumption of digestive probiotics, limited food access to prevent indigestion and illnesses and the strategies to combat jet lag.

Shane Lee, a Year 3 FNC student interning at HPSI, shared his various projects, including creating freeze-dried meals for athletes. He emphasised how these projects broadened his perspectives and understanding of sports nutrition. He also held a Q&A session, providing insights for students who are considering internships in the field.

The guided tour of HPSI facilities highlighted the various efforts taken to support the athletes' physical and mental well-being, including a recovery bar and therapy rooms. This experience connected theories learnt in the classroom to real-world applications, encouraging curiosity.

For athletes, an injury can end their career, which may make them feel like it's the end of the world. Since nutrients, such as calcium, vitamin D and protein, play crucial roles in injury prevention and peak performance, sports nutrition plays a vital role in ensuring that athletes consume a healthy diet. On 17 June 2025, Year 1 and 2 FNC students, together with Year 1 CSP students, had the opportunity to learn about sports nutrition through a learning journey at HPSI.



Shane explaining the uses of the Recovery Bar



Group photo of students with CGH staff

## Changi General Hospital (CGH) Visit

Reported by: Choo Pei Shuen

On 15 May 2025, Year 3 FNC Applied Nutrition elective cluster students embarked on an enriching learning journey to CGH, where they explored the vital role of nutrition in clinical care. This behind-the-scenes glimpse into the hospital kitchens revealed how nutritious meals are planned and prepared for patients, showcasing the team's commitment to hygiene, safety and efficiency.

Students met the dedicated chefs, kitchen crew and dietitians who ensure that every meal meets patients' specific nutritional needs. They toured extensive storage facilities and preparation rooms, including a fruit handling area. A fascinating sight to see was the use of robots to deliver meals to the wards.

A highlight of the visit was a Q&A session with the dietetics and food service team, where students learnt about various career paths available in clinical nutrition, such as the role of a dietetic technician. They learnt firsthand about the job responsibilities and skills needed, which include supporting dietitians in patient care, preparing nutrition plans, and assisting with food service operations. This sparked reflections on their own career aspirations in the healthcare sector and enriched their understanding of hospital operations and their applications in their future careers.



Facilities tour



# BEYOND CLASSROOMS

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## Spice Trail

*Reported by: Joy Iong Shi Xin, Photographed by: Tan Woo Shuen Beth, Charis Goh*



**Group photo with FIG advisor, Mr Alvin Tan, and FNC Course Chair Ms Johanna Tan**

Spice Trail 2025 took us on an exciting and sensory journey through the rich flavours and heritage of local spices, beginning at the historic Spice Garden in Fort Canning Park. The day started with a mini Amazing Race, where teams were challenged to locate and identify various spices hidden throughout the garden.

From lesser-known spices like tamarind and galangal to more familiar staples such as cloves and lemongrass, each discovery offered insights into their origins and culinary uses across different cuisines. Through friendly competition, stronger bonds were formed among the freshmen as they participated in one of their first diploma events.



The trail continued at Tekka Market, a lively and culturally rich destination known for its aromatic dishes and diverse flavours. Surrounded by the sights, sounds, and scents of the market, participants had the opportunity to sample a variety of local dishes infused with the very spices explored earlier in the day. This experience brought theory to life, offering a deeper understanding of how these ingredients shape Singapore's vibrant food culture.



**Stall visits to identify different spices used in traditional cuisines**



**Discovering the Spice of the Month: Turmeric**



**Amazing Race Challenge**

Overall, Spice Trail 2025 was an enriching and memorable event that combined learning, culture, and teamwork – leaving everyone with a greater appreciation for the world of spices.

