

TEMASEK POLYTECHNIC

SCHOOL OF APPLIED SCIENCE

FNC CONNECTS



AY 26/27 APRIL EDITION

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Temasek Polytechnic Diploma in Food, Nutrition & Culinary Science



@ascfig

EARLY ADMISSION EXERCISE (EAE)



Phoebe (second from the left) with her friends

PHOEBE TAN XIAO XUE ST. HILDA'S SECONDARY SCHOOL

What inspired you to apply for the Diploma in Food, Nutrition & Culinary Science (FNC) through the EAE?

I was inspired to apply for FNC because of my strong interest in both the science and creative aspects of food. I wanted a course which went beyond cooking and explores nutrition, product development, and food innovation, which Temasek Polytechnic (TP) offers specifically. EAE was also a good opportunity to showcase my passion early.



Phoebe (first row, first from the left) in Food Interest Group (FIG) Main Committee AY25/26

Looking back, would you still choose EAE? Why or why not?

Yes, I would still choose EAE because it allowed me to pursue something I was genuinely passionate about. It also helped me secure a place early and gave me clarity on my goals. Overall, it was a meaningful experience.



ADEN CHIANG YU KAI BENDEMEER SECONDARY SCHOOL

How have your interests and career goals evolved since entering TP through EAE?

When I applied for EAE, I was certain I wanted to pursue a career in the culinary field, as I learned that my passion for food has always been a constant. However, I kept my mind open to the other sciences that the course offered, such as food technology and nutrition. Over the course of the 2 years in FNC, I experienced what the different career pathways may look like. This helped me understand what the different fields in food sciences do, and that my true passion lies in dietetics and nutrition.

How did your expectations compare to the actual course experience?

Initially, I wanted to work as a chef, and I thought that the course would place heavy emphasis on the culinary aspects. However, I realised that the course is equally centred on food science, nutrition, and culinary. This diversity led me to discover that my true passion and interest lie in dietetics.



Aden (in the middle) at Temasek Polytechnic School of Applied Science Open House 2026

EARLY ADMISSION EXERCISE (EAE)



DIANAH HANIS BINTE ZULKARNAIN



NGEE ANN SECONDARY SCHOOL

How did you prepare for your EAE interview?

Before my EAE interview, I researched topics such as current food and health trends, nutrition issues, and the food industry. This helped me feel prepared and gave me the confidence to answer any food science-related questions. I also got the help of my teachers to set up mock interviews to simulate the actual event. From their feedback, I improved my interview skills and performed better.

What advice would you give to juniors applying for EAE?

My advice is to attend the EAE seminars and workshops offered by various polytechnics to better understand the courses and school culture. Also, start compiling your achievements, awards, and key experiences that showcase your interest for your portfolio when selected for the interview. Good luck!



Dianah (first row, first from the left), with her team, developing a healthy condiment with functional ingredients, as part of the year 2 subject Product Development & Marketing

ISAAC LIM DING HAN

INSTITUTE OF TECHNICAL EDUCATION, CHEMICAL TECHNOLOGY

How did your expectations compare to the actual course experience?

I expected the course to [be] focused mainly on practical work and classroom exercises. However, FNC also offers experiential learning, which helped me a lot since I am not strong at studying from books. This hands-on approach allowed me to learn better.



Looking back, would you still choose EAE? Why or why not?

I would still choose EAE because it helped me secure a spot in TP and allowed me to choose a course that I am passionate about. Additionally, through the EAE pathway, I could showcase my strengths and experiences through my portfolio and not just academic results, which gave me a better chance to enter the course of my choice.



Isaac (first row, first from the right) in Applied Science Journalism Group Main Committee AY25/26

CELEBRATING ACHIEVEMENTS



THE LEE KUAN YEW AWARD

ADAPTED BY: LEE QIAN YING CHARLOTTE

Meet Ang Pei Ting Charlotte, a recent graduate from FNC. From genuine interest in food science to becoming a recipient of the prestigious Lee Kuan Yew Award, Charlotte's journey is a testament of how passion, perseverance, and purpose can lead.

For Charlotte, it all started with simple moments in the kitchen that gradually sparked a deeper interest. Driven by curiosity, she became fascinated by the science behind food, transforming a love for cooking into a passion for food science. At Temasek Polytechnic, she nurtured this passion through hands-on laboratory work and applied projects, earning both the TP Scholarship and the CCA Merit Award for Leadership along the way.



The Lee Kuan Yew Award

- An annual award to recognise and promote passion and academic excellence in Mathematics and Science
- Funded by an honorarium that the late founding Prime Minister Mr Lee Kuan Yew received from various speaking engagements and funds raised from a special edition of his memoirs



But Charlotte achieves more than just academic excellence. With a strong heart for service, she led initiatives that brought people together. From organising intergenerational cooking sessions for seniors to spearheading fundraising efforts for a school in Cambodia, she made a meaningful impact both locally and beyond. As President of the Food Interest Group, she also led large-scale events that engaged over 1,000 participants.

Conferred the Lee Kuan Yew Award, Charlotte demonstrates excellence in both achievement and character.

Looking ahead, she aspires to pursue a Bachelor's Degree in Food Science and Technology at NUS and contribute to innovation in the food industry.

Keep dreaming big, leading boldly, and making a difference. Congratulations, Charlotte!

CELEBRATING ACHIEVEMENTS



ASC25 CAKE MOSAIC

WRITTEN BY: TAN WOO SHUEN BETH

PHOTOGRAPHED BY: TAN WOO SHUEN BETH, ISAAC LIM DING HAN

To celebrate the 25th Anniversary of the School of Applied Science (ASC25), the Bistro Lab Team, led by Chef Gary Lim and Chef Candy Tay, alongside staff and FNC students, achieved an impressive milestone on 30th January. They created the largest cake mosaic display, measuring 5.5 m x 2.0 m. Featuring the words 'ASC 25' and mascots of ASC's various interest groups, the cake mosaic was officially recognised by the Singapore Book of Records, highlighting the team's creativity and dedication to ASC.



Making of the Cake Mosaic



Bistro Lab Team and students with the completed cake mosaic

Made from piecing together nearly 200 low-GI cakes, no-sugar-added, higher-protein chocolate cakes, the mosaic demonstrates the commitment to advancing health-focused innovation. Graced by Mr Eng Huat Ong (Founder and President, Singapore Book of Records) as the Guest of Honor, alongside Dr Lay Beng Goh (Director, ASC), Ms Farhana Nakhoda (Chairman, ASC) and Mr Anson Ng (Founder, Hao Ren Hao Shi(HRHS)), the event raised an estimated amount of \$4,730 in donations for HRHS, demonstrating how food and culinary arts can provide support to the community.

COLORECTAL CANCER AWARENESS BENTO PROJECT

WRITTEN BY: MS WIN NIE LOH

ADAPTED BY: LEE QIAN YING CHARLOTTE

Over four days, our final year students from FNC brought learning to life through the Bistro Lab learning enterprise.

As part of the Applied Nutrition Elective Cluster, students conceptualised, produced and sold close to 280 Terri Yummy and Gut Fu bento sets. Each meal, featuring dishes such as Green Tea Rice, Pineapple Oat Crumble and Turmeric Ginger Chicken, was designed to support gut health and colorectal cancer prevention.

- ✓ **\$1,179** generated through student led sales
- ✓ **\$1,113** raised through donations
- ✓ Total contribution of **\$2,292** to the Singapore Cancer Society



But beyond the numbers, this project represents something much bigger. Through Bistro Lab, our students develop industry ready capabilities:



- Translating nutrition science into practical and marketable meals
- Managing costing, production and operations under real conditions
- Delivering purpose driven food innovation

Working under real service pressure, students learnt to think critically, collaborate effectively and deliver outcomes that matter. FNC nurtures our graduates to be both industry ready and purpose driven, bridging science, culinary skills and real world application.

CELEBRATING ACHIEVEMENTS



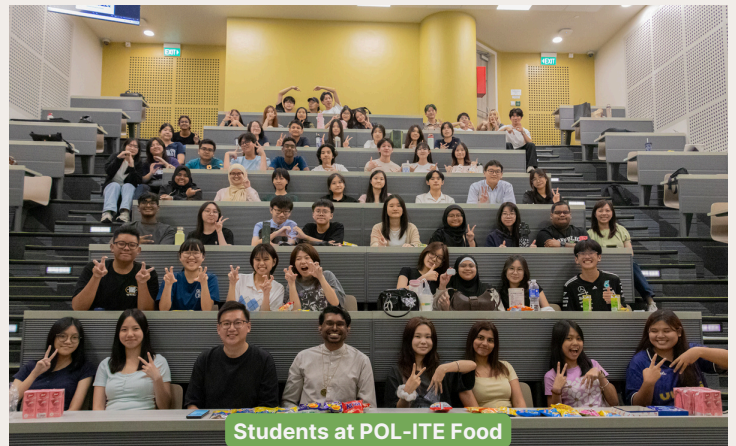
JOINT POL-ITE FOOD INDUSTRY FAIR & POL-ITE FOOD HACKATHON 2026

WRITTEN BY: NEO ZI YING JOZANNE EMMANUEL, SIA SEE SEEN ANGELINA
PHOTOGRAPHED BY: ISAAC LIM DING HAN, NEO ZI YING JOZANNE EMMANUEL



On 11 March 2026, more than 72 students from food-related courses in POL-ITE attended a three-hour workshop for the “Food Hackathon: Designing Your Future & Food for Year 2067” competition. Organised by TP, the competition challenges students to develop futuristic and innovative food ideas while applying critical, creative and design thinking. Moreover, they will gain knowledge about food product conceptualisation and develop soft skills such as teamwork.

The workshop, held by Mr Ramesh Krish Kumar, highlighted the importance of foresight and critical thinking. From his experience as an entrepreneur, he shared practical tips on food innovation, marketing strategies and confident presentation skills. As they worked on their ideas for the hackathon, the students put this knowledge into action.



Students at POL-ITE Food Hackathon Workshop

Now, Singapore has been more focused on the food industry and I believe that this event is a stepping stone to help us level up.

~ Brenda Hilda Roy



Students visiting industry booths



TP Finalists winning the Gold Achievement Award (3rd Place)

The hackathon was part of the Joint POL-ITE Food Industry Fair 2026 on 29 April where the winners were decided. The event began with industry booths for students to explore and sharings by 15 food industry companies. Through these booths and sharing sessions, students gained a deeper understanding of the companies and the internship roles available. Joy long Shi Xin, a Year 3 FNC student who attended the fair, commented that this event was very valuable to her as it offered networking opportunities with industry partners.

Thereafter, the competition’s finalists pitched their ideas in front of a panel of judges and more than 200 students. Our FNC finalist team presented ‘SHARKWARE’ – a smart fork and spoon set that makes flavours more prominent and delivers precise nutrients to bridge nutritional gaps. They achieved 2nd runner up in the hackathon, obtaining the Gold Achievement Award.

CELEBRATING ACHIEVEMENTS



FOOD & HOSPITALITY ASIA

WRITTEN BY: PECK YI XUAN GERMAINE, EMMALYNN ANG
PHOTOGRAPHED BY: NIGEL PEH



Young Chef Grand Prix – Young Chefs Pasta Challenge

GOLD

- Bak Jing Wei with Duo of Heritage Pasta
- Kho Jia Qi Rayden with Garden of Smiles

SILVER

- Daryl Thoe Jun Yin with Symphony of the Seas
- Fan Xuan Wei with Crab & Prawn Agnolotti with Salted Egg Squid & Scallop Ravioli

Open Plated Dessert Challenge

GOLD

- Low En Yu with Ondeh-Ondeh | Banana | Cempedak & Lychee | Pear | Osmanthus
- Ng Qian Hua with The Tropical Triptych & Modern Heritage Chendol

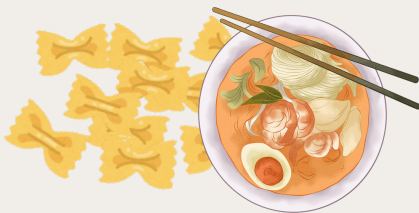


From 21 to 24 April 2026, 6 of our FNC students participated in the Food & Hospitality Asia (FHA), achieving honourable results.

In the Young Chef Grand Prix Pasta Challenge, Xuan Wei received silver after two months of consistent training. Preparing seafood is one of Xuan Wei's fortes, which was put to good use during the competition. Additionally, the crunchy water chestnuts added into the filling of his pasta was part of his childhood memory. Served alongside his pasta was a curry sauce which was inspired by laksa, a dish that represents our cuisine. The purpose behind his dish was to portray his personal style and our cuisine.



Xuan Wei plating his dish at FHA



For En Yu, it was her second time competing in FHA. From the way she steadily worked the saucepan, to the way she meticulously plated her dessert truly showed how skillful she was. She participated once more to improve her culinary skills and push herself to greater heights.

Many hours were spent ideating, researching and developing different ways to pair dishes, as well as techniques to bring out the best flavour from each ingredient. She underwent multiple rehearsals to ensure that everything could be executed to the best of her abilities.

Stay curious and open minded. Don't be afraid to make mistakes because that's how we learn. Just trust the process and push yourself to improve.

~ Low En Yu



En Yu plating her glass dessert



FNC winners with their mentors

OVERSEAS EXPERIENCE



Group photo at Chongqing Business Vocational College



GLOBAL STUDIES OVERSEAS STUDY TRIP (CHONGQING)

WRITTEN & PHOTOGRAPHED BY: PECK YI XUAN GERMAINE

On 9 November 2025, students from FNC and Common Science Programme (CSP) embarked on an overseas learning journey to Chongqing, China. Hosted by Chongqing Business Vocational College, the programme offered a blend of cultural immersion, academic exposure, and industry insights.

During the visit, the students explored the college's facilities, including its online business sector, and participated in cultural activities such as designing Sichuan opera masks and playing traditional Chinese sports like JianZi and TouHu. A meaningful cultural exchange took place as the students interacted, shared gifts, and bonded with local students, despite language differences. A key highlight was a hands-on cooking class led by Chef Jiang, where they learnt to prepare local dishes such as La Zi Ji and Mapo Tofu, gaining new culinary techniques and knowledge.



Culinary class at Chongqing Business Vocational College



Taichi Session at Chongqing Business Vocational College



Raffles' Hospital Chongqing



Liziba Light Rail

Beyond the campus, the students visited companies such as Chongqing Sanfeng Baiguoyuan Environmental Energy and HaosDo Food Technology to learn about the waste-to-energy processes and the manufacturing of hotpot soup base products, which are key ingredients in Chongqing's famous hotpot dishes! They also toured Raffles' Hospital Chongqing, gaining insights into healthcare and overseas work opportunities. Cultural landmarks like Hongyadong, Liziba Light Rail, and Ciqikou Ancient Town further enriched the experience. The last day began with a Tai Chi session and concluded with a visit to People's Square and Ciqikou Ancient Town.

Through this overseas experience, students gained valuable cultural, academic and industry exposure. This broadened their perspectives on overseas learning and future opportunities related to FNC diploma studies.

OVERSEAS EXPERIENCE



GLOBAL ENGAGEMENT PROGRAMME STUDY TRIP (DENMARK & FINLAND)

WRITTEN & PHOTOGRAPHED BY: LEE QIAN YING, CHARLOTTE

What makes polytechnic life unique and exciting? To Charlotte Lee, a Year 3 FNC student, that meant participating in overseas school trips. Through the TP Lead Excel programme, which aims to develop the top-performing students into future leaders, she was offered the opportunity to take part in a Global Engagement Programme Study Trip to Denmark and Finland from 22 September to 4 October 2025. During this trip, Charlotte and the other students explored the different cultures of the Nordic countries while enjoying the cool autumn season.



Group photo at Amalienborg Palace in Copanhegan, Denmark



Copenhill, Denmark



Parliament of Finland

In Denmark, the students got to attend lectures at Copenhagen Business School on topics like how Denmark has achieved some of the Sustainable Development Goals. They also visited Copenhill, a Sustainable District Heating Plant, where waste gets converted into energy that fuels many households. What adds to Copenhill's charm is the clean, white vapour being emitted whilst people ski down the ski slope that tops the entire plant, making it a picture perfect destination.

To better understand Finnish culture, the students journeyed to the Finnish Parliament and the Suomenlinna Sea Fortress. Moreover, they attended lectures by Aalto University, with topics ranging from the "Finnish Political System" to the "Happiness Science from Finland".

A surprise treat was the chance to watch an intense ice hockey game between HIFK and Kookoo at Nordis, the Helsinki Ice Hall. Both teams fought till the very end to break the tie, making the game exhilarating to watch.

This trip shaped Charlotte's appreciation towards cultures and the beauty of nature. More importantly, she treasures the friendships forged and the memories made. It was a unique and enriching experience that she would not have traded for anything else.



Kaivopuisto Park in Helsinki, Finland



Boat ride to Suomenlinna Fortress

While there were many stressful moments during the trip, there were equally as many heartwarming memories. Especially the late-night talks with my newly founded friends and the shared struggles as we part from home for 2 weeks.

~ Charlotte Lee



BEYOND CLASSROOM



NKF DISCOVERY CENTRE VISIT

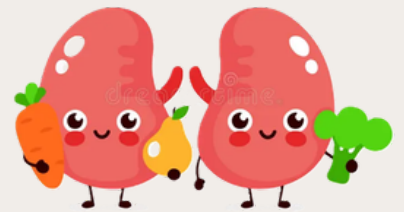
WRITTEN & PHOTOGRAPHED BY: MS WIN NIE LOH
ADAPTED BY: TAN WOO SHUEN BETH

On 6 January, our FNC students stepped out of the classroom and into the Discovery Centre by the National Kidney Foundation (NKF) Singapore, as part of the Clinical Nutrition and Food Service Management module under the Applied Nutrition Elective Cluster. The visit was hosted by Ms Daron Na (Senior Programme Lead) and Ms Grace Liew (Dietitian), who warmly guided this meaningful experience.



Group picture at NKF Discovery Centre

The Discovery Centre is designed as an interactive learning space, where health concepts come alive through engaging and immersive exhibits. During the visit, students explored important topics including kidney functions, early signs of kidney disease, and medical procedures such as dialysis. They also learned how everyday choices, such as diet and physical activity, play key roles in preventing and managing chronic conditions.



The learning journey continued with an insightful session by Ms Grace Liew, who shared her experience in managing patients with chronic kidney disease. Through her engaging and practical approach, students could better understand the applications of classroom-learned theory in real healthcare settings.

OVERSEAS STUDY TRIP TO MELBOURNE, AUSTRALIA

WRITTEN & PHOTOGRAPHED BY:
EMMALYNN ANG, HESHA D/O SARAVANESHWARAN

From 11 to 17 March 2026, students from ASC embarked on an enriching overseas trip to Melbourne, Australia, widely recognised as one of the world's most liveable cities. This experience offered us valuable insights into potential careers and educational pathways, while immersing us in the city's vibrant culture and lifestyle.



Group picture at Brighton Bathing House, Dendy Street Beach



From the moment we arrived, Melbourne's famously unpredictable "four seasons in a day" weather kept us on our toes, adding to the excitement. Our journey began with a scenic ride on the Puffing Billy Railway, where we passed lush forests and rolling hills, heard the iconic "laughing" call of the kookaburra, and even spotted highland cows. Sitting on the edge of the carriage, with the winds brushing our faces, felt almost cinematic and certainly unforgettable.

That evening, we visited Queen Victoria Market. With lively street performances, music, and delicious food, the scene is set for a vibrant yet relaxing atmosphere that highlights Melbourne's strong work-life balance.

BEYOND CLASSROOM



OVERSEAS STUDY TRIP TO MELBOURNE, AUSTRALIA (CONT'D)



WRITTEN & PHOTOGRAPHED BY: EMMALYNN ANG, HESHA D/O SARAVANESHWARAN

Our visit to Deakin University broadened our perspectives on overseas education, impressing us with its modern facilities, advanced resources, and strong student support. We were given a detailed campus tour covering the different courses they offer, student services, and even the science labs used for their food sector.

A Singaporean student studying there shared her experience, making the session both insightful and relatable. Overall, the visit was informative, engaging, and fun.

We also enjoyed a pizza-making workshop at Stomping Ground Brewery & Beer Hall in Collingwood, gaining industry perspectives from Chef Kimberely Chen, a TP alumnus working as a Commis Chef.



Gift exchange with Deakin University's Faculty



Group picture at Deakin University

At Rochford Wines in the Yarra Valley, we toured the vineyard and observed wine fermentation, a first for many.

We also visited the Melbourne Museum, where we explored exhibits on the city's history, Aboriginal heritage, and dinosaur fossils with guided tours.

Our final stop at Le Cordon Bleu highlighted the precision and dedication of chefs with the live culinary demonstration.

This experience left us inspired, gave us a broader perspective on future pathways and allowed us to bond with diploma mate, making it a core memory for all of us.

Meeting a Singaporean student studying in Melbourne has inspired me to consider pursuing a degree there as the advice shared made the idea feel more achievable

~ Sonya Saravanan



Group picture at Le Cordon Bleu



SHAVONNE CHEN SIXUAN APPLIED NUTRITION

Coming from Common Science Programme (CSP), why did you choose FNC, and was the year 1 curriculum one of the reasons?

One of the main reasons was the Nutrition and Health (NUH) module, which was very relevant to FNC. It allowed me to learn how food science relates to the human body. Compared to other courses, I felt that FNC was the most relatable, as food and nutrition are part of our everyday lives.

What did you do during your internship at Active Health SG?

I mainly supported nutrition programmes by Active Health. This included preparing for cooking demonstrations and sometimes leading segments independently, where I shared nutrition tips and basic knowledge with participants. I also had opportunities to conduct full workshops, which lasted about an hour. In addition, I created informative posters and educational materials related to nutrition.



Shavonne conducting workshops



TAN KAI JUN ERNEST APPLIED NUTRITION

What did you do during your internship at Mount Alvernia?

During my internship, I was privileged to have the opportunity to visit nursing homes to conduct basic nutrition assessment for malnutrition, weight loss, and also aided in auditing therapeutic and textured modified foods, ensuring the meals served to patients in the hospital and nursing homes were suitable based on their respective conditions and the correct modifications were made accordingly before service.

Which TP module helped you in your internship?

In my opinion, Lifestyle and Community Nutrition (LCN) helped the most as it gave us a basic foundation on nutrition throughout the different stages of life, from early childhood up to our senior years. Having both involvement in nursing homes and paediatrics nutrition, this subject definitely gave the most coverage of content, as well as showing me real life practices and applications in hospitals. Some examples of the practices and applications taught are weaning, dysphagia etc.



Ernest with his colleagues



ANG PEI TING CHARLOTTE FOOD TECHNOLOGY

Could you describe your job scope as a Research and Development (R&D) intern at Denis Asia Pacific?

Most of the time, I did product development where I test different formulations of a product to achieve the same flavour as a reference product. Before carrying out product development, I had to do market research as well. Moreover, I conducted product testing on pH and Brix. Other than that, I assisted in conducting sensory evaluation and analysis of the results.

What is one of the most memorable moments during your internship?

One of the most memorable moments during my internship was during a company event. During the event, all departments came together and brought various innovative products in the market for everyone to sample. This allowed us to explore potential new products that the R&D team could develop. Through this event, I gained firsthand experience in the ideation process typically undertaken by the R&D department and learned the significance of this process in creating a successful product.

KHO JIA QI RAYDEN FOOD TECHNOLOGY

About Rayden

- Recipient of Select Group Scholarship



Could you describe your job scope as an intern at SelectGroup?

Under SelectGroup, I assisted the Head Research & Development (R&D) chef at TasteAsia in the preparation of Ready-to-Eat (RTE) meals such as wraps and sandwiches. During the preparation, I helped with mise en place and the daily set up of the station.

Similarly, when I was transferred to La Table D'Emma, I assisted the pastry chef in preparing mise en place for buns, creams and desserts.

Moreover, I coordinated the service staff and kitchen crew, ensuring that dishes are served on time.

What is one soft skill you developed during your internship experience?

Definitely running service at La Table D'Emma. Even though it was stressful, I realised I learnt the most during those times. Learning how to work quick and tidy while listening out to orders was a skill I am happy that I picked up.

