

Wow! Healthy, new food concoctions



The WOW Food Fair 2011 held at the Empire Shopping Gallery in Subang Jaya saw UCSI students sharing 14 new food creations with the public.

AS THE world continuously grows more health-conscious, students at the UCSI University Faculty of Applied Sciences are doing their part to create new foods that are both nutritious and delicious.

The faculty recently held its annual WOW Food Fair 2011 at the Empire Shopping Gallery in Subang Jaya where they shared 14 new food creations with the general public.

With the theme *Wholesome, Original and Well-balanced (WOW)*, the event was the culmination of the Faculty's Food Science and Nutrition programme, where students were challenged to develop new foods that were both delicious and nutritious with the potential for long-term commercialisation.

"One of the main purpose of the food fair is to integrate students' knowledge into a real-life setting so they can learn to apply that knowledge to the world around them," said Rachel Tan Choon Hui, a member of the Faculty of Applied Sciences who organised the event.

"Besides just learning, this food fair provides an opportunity for students to be creative and competitive."

Among the creations were a variety of snacks, desserts and side dishes, including "Veronica Twist," a red dragon fruit-flavoured pasta mixed with tuna and a tomato-dragon fruit paste, "Ori-fu," a tofu-based confectionary made of tofu, avocado and roselle jelly, "Halo Jello," a cold soup made of konnyaku jelly noodles mixed with fruit and aloe vera, and "V'Mic," a vegetarian snack consisting of potatoes, pumpkins, pineapples and other fruits and vegetables rolled into a ball and lightly fried.

UCSI University Faculty of Applied Sciences dean Assoc Prof Dr Hon Wei Min said the fair was part of the University's ongoing commitment to promote entrepreneurship and innovation among its students and use that knowledge in a real-life setting.

"The way our students learn here is not just from the textbooks or from the lab or from lectures. They actively integrate all they learn and put it up as something they can showcase," she said.

"It's how we create a learning experience

for our students."

In addition to the food samples, the fair also included performances, children's games, health screenings and give-aways with all proceeds benefiting the Yayasan Sunbeams Home, a non-profit organisation that cares for underprivileged children and the elderly.

Home general manager Pastor Victor Maniam said he was grateful for the students' efforts.

"Their hard work will truly touch and make a difference to the lives of our children," he said.

Twenty alumni from the UCSI University Faculty of Applied Sciences also attended the event and said they enjoyed themselves.

Nicholl Eruthiaraj, a 2008 graduate, said he returned to show his support for his juniors and was impressed.

"The fair has expanded so much. They've moved it forward by holding it in a mall," he said.

"It gives the students a chance to showcase whatever they have and educate the public a little bit. I hope this becomes a yearly thing, maybe it will be even bigger next year."

Fred Ooi, a Shah Alam resident who attended the fair, said he liked to see the university giving back to the public.

"It's very noble of UCSI University to organise such an event, not only educating the public on diet and nutritional awareness but also donating the proceeds," he said.

"I like the atmosphere and enjoy seeing the students engage with the public. It's a very nice gesture by UCSI University."

The event was one of several events occurring from January this year to May next year to mark the university's Silver Jubilee year. Future events include the School of Engineering Robotic Design Competition, the School of Music Contemporary Music Festival and the School of Design Art's 3D Exhibition.

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