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Hungry for knowledge

What's it like to embark on a postgraduate study of food and nutrition at NUS?
Ms Lew Wan Peng spills the beans

Ms Lew Wan Peng, 36, is pursuing a full-time Master of Science in Food Science and Human Nutrition at National University of Singapore (NUS).

She tells us how the course is an excellent platform to upskill herself:

Describe your work and study experience.

I was a technical sales manager for seven years in specialist firms providing functional food ingredients from carbohydrate sources, sugar replacers and food protection systems.

My key responsibilities included business development in the Association of Southeast Asian Nations (ASEAN) region, as well as providing

technical consultation to business partners in strategic markets.

I also worked at another food and beverage multinational corporation as a product developer for six years.

In 2005, I graduated from NUS with a Bachelor of Applied Science (Honours) in Food Science and Technology.

What attracted you to the course?

I like to keep up with the rapidly advancing field of technology and nutrition science by increasing my knowledge — for example about nutrition trends or even about ongoing research that may potentially help to improve quality of life.

Modules on modern human nutrition or frontiers of food processing and engineering are also useful.

I also enjoy learning to apply knowledge in inter-disciplinary contexts, for instance, product development with combined approaches from food processes, appetite management and nutrition balance.

Lastly, I appreciate the entrepreneurial atmosphere in the NUS campus that bridges technology development with needs in real life, and provides opportunities to gain access to start-up initiatives and lean start-up methodology.

What advice will you offer people looking to take up postgraduate studies?

It's all about time and energy management. Set up a schedule to complete work tasks, give yourself plenty of time for study topics and don't forget to slot in rest breaks.

The research project module is compulsory and may require laboratory work. Careful planning and pre-consultation with the academic staff are recommended.

Master of Science in Food Science and Human Nutrition

- National University of Singapore
- Full-time: One to three years
- Part-time: Two to four years