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Editor's Note

By Jasmine Kaur

It is that time of the year again. Setting scheme of work and brainstorming on new assignments for students. Take a tip or two from Anglican High School with their project for students on convenience food and the effects of its consumption.

Make eating healthy your New Year's resolution! Ms Yeong Li Yuin Director, Business Development from The Nutrition Place shares the 'joy' of soy with us.

Also, in this issue are details on the Citi-NIE Financial Literacy conference. Be sure to mark a date on your calendar for the IFHE Annual Leadership Meeting 2009 which will be held in Kingston.

Look forward to an exciting 2009 with loads of events planned for you! AHES wishes one and all a Happy New Year!

Food On-the-Go @ Anglican High School

By Ng Wei Qi, Teacher Anglican High School

"The pace of life in Singapore has increased over the years and many Singaporeans find it difficult to have time to sit down to a proper meal. As a result, consumption of fast food has increased and so has the incidence of diet-related diseases."

The above problem was posed to Secondary Two students as part of the "Food On-the-Go" programme integrating Project Work with the Aesthetics subjects - Home Economics, Art and Music. Students worked in groups of 3-4 to develop a new food product that is healthy and can be eaten on-the-go to help Singaporeans have a balanced diet despite their busy and sedentary lifestyles.

The key objectives of this programme are:

- to nurture students' spirit of Innovation and Enterprise (I & E).
- to develop students' appreciation of the real-life applications of the Aesthetics subjects.



"Students' at work"

Please see *Food On-the-Go* on page 3

Discovering the Joy of Soy

By Ms Yeong Li Yuin Director, Business Development
The Nutrition Place



Pastry chef Steven Ong demonstrates the finer points of desert-making using soy ingredients

The humble soy bean has long been treasured as a nutritious and versatile food among many Asian cultures. In recent years, there has been increasing interest in soy due to scientific research and findings about the various health benefits of soy. Whether it is enjoyed as tofu, tempe or edamame, soybeans are considered as one of nature's super foods. This nutrient-packed ingredient has found its way into many innovative food products - don't be surprised to find soy ice cream and soy yogurt on the supermarket shelves, or soy burgers and soy desserts on restaurant menus!

Despite much credible research that has high-lighted soy's benefits in lowering the risk of chronic diseases such as heart disease, breast cancer and osteoporosis, there has also been conflicting reports in the media about some negative effects of consuming soy. Is there any truth in these claims?

With the controversy causing much confusion, The Nutrition Place - an innovative education and training center established by qualified nutritionists, organized a series of seminars to clarify some common misperceptions and myths about soy. Organized in collaboration with the Soy Food Forum and American Soybean Association International Marketing, these seminars were specially developed for Home Economics teachers as they are key opinion leaders in the education community.



Dr. Mark Messina provides an update on the health benefits of soy

Scientists and nutritionists shared the latest knowledge on soy research, as well as global food trends that incorporate soy in healthy products. Presentations were made by Dr. Mark Messina, a well-known expert on soy research from the United States, Ms. Pauline Chan, a dietitian and Managing Director of The Nutrition Place. Dr. Maria Antonia Tuazon shared her extensive experience in nutrition education, having been the Dean of the School of Nutrition at the University of Philippines before joining The Nutrition Place as its Director of Training and Program Development.

Pairing the science of nutrition with the art of food, up-and-coming chefs in the Singapore culinary scene were also invited to demonstrate and share their favourite soy-inspired recipes with the participants. Besides gaining a better understanding of soy and its health benefits, the Home Economics teachers also learnt interesting - and delicious - ways to add some healthy soy products into their daily diet. In fact, whipping up wholesome soy recipes for their students, family and friends is a great way to discover the true joy of soy!

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After an initial brainstorming session for product ideas, students attended an Entrepreneur Workshop, during which they took on executive roles, such as the Manager and Publicity Director, in their newly set up food companies. Under the guidance of the trainer, students came up with innovative names and slogans for their company, and even a vision and mission statement. Each group was also challenged to present a one-minute sales pitch to convince their classmates to invest in their product.

Armed with basic business know-how from the workshop, students conducted consumer surveys to find out the preferences of their target market. They also researched on topics, such as healthy cooking methods, diet-related diseases and food packaging materials, using a range of print and non-print resources. Based on the survey and research findings, students conducted cooking tryouts to finalize the product idea.

The Recipe Analyser software was used to analyse the nutrition content of the product created. Modifications were made if the product was too high in fat, salt or sugar.

In Art, students researched on what makes a successful logo before designing one for their company. They also designed and fabricated a packaging for their product.

In Music, students used the software “Logic Fun” to compose the melody and fit in the lyrics for the advertising jingle for their product.

To round up the entire project, the group with the best product from each class was selected to participate in the Food and Art Fest. The group set up stall to make and sell their product creation, bearing in mind to set an affordable selling price that is sufficient to earn some profits. Great efforts were put into the stall decorations to attract customers. The event was a success and the profits earned were donated to the school.

“Throughout this project, we have realized the importance of teamwork. We have learnt to work with classmates whom I do not usually work with, to listen to other’s opinions and to appreciate everyone’s contributions. We have also learnt that all of us, and not just the leader, play an important role in keeping the group motivated and efficient.” - Secondary 2C Group 3

“The process of creating a new food product was not easy. We had several failed attempts during our cooking tryouts at home. But we learnt about perseverance and not to give up when faced with setbacks. We also learned to look at problems from a different perspective to find a solution.” - Secondary 2F Group 2

“This project has definitely influenced us to lead a healthy lifestyle and we realised that healthy food may not taste like “rabbit food” and can be tasty too. We have also learnt about the different diet-related illnesses and advise our friends and relatives on the ways to prevent them.” - Secondary 2E Group 4



Anglicans at work



A great learning experience

Citi-NIE Financial Literacy Conference New Frontiers 2008 – Breaking

By Delsise Foo

It is one thing to recognize the value of innovation but quite another to make it happen. Effecting changes will necessarily means moving out of one's comfort zone and being open to experimentations. It demands creative thinkers, fearless leaders and a culture that embraces changes combined with the capability to turn new ideas into reality.



Financial Literacy

Citi-NIE Financial Literacy Conference 2008 - Breaking New Frontiers was the theme selected by Dr Koh Noi Keng, Chairman of Citi-NIE Financial Literacy Hub so as to signify the successful attempt in reaching out to schools through collaborative efforts in the first year of its existence. The conference was held on 21 and 22 November at Suntec Eng Wah Cinema and M Hotel respectively.

Day 1 of the main conference began with a welcome address by Dr Koh. Following which, participants were treated to a movie entitled "Sing to the Dawn". This movie depicts the core values of determination and self-discipline which are the foundations to building a stable financial nest in an individual's life.

Day 2 of the conference was held at the M Hotel with distinguished guests that includes Professor Lee Sing Kong, Director of National Institute of Education (NIE), Ms Ho Peng, Director, Curriculum Planning and Development Division (CPDD) and Mr Jonathan Larsen, Chief Executive Officer, Country Head & Citi Country Officer sharing with the audience on their perspectives on the world's current economy and the benefits that will be reaped when youths are better equipped with financial literacy knowledge. One of the highlights of Day 2 conference were the various demonstrations on how to side-step the pitfalls and supply real tools together with concrete strategies for educators seeking on implementation of financial literacy programs in schools. These strategies were shared by education practitioners comprising of Singapore teachers from various schools in Singapore.

Throughout this conference, I can clearly witness the dedication of NIE and Citi Foundation commitment in promoting financial literacy in schools by firstly providing training to pre-service, in-service teachers and school leaders with the basic financial literacy skills in managing their own finances and thereafter, pedagogical training to empower them with engaging pedagogy for their teaching. This definitely builds on the financial management units which were learned in core courses of the Family and Consumer Sciences major at NIE, Resource Management and Consumer Issues.

This conference will not have been timelier as it coincided with the theme of the 2nd NIE-AHES Home Economics Symposium 2008 that was conducted on 7 March. The theme of the Symposium was 'Home Economics as a Foundation for Human Capital Development.' Keynote speaker, Dr Tahira K. Hira from Iowa State University spoke about Consumer

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Economics and how educators today can contribute to the well-being of the economy by sharing with the students on the various skills that they can engage in so that they will be able to take proactive steps in ensuring that they gain financial stability in the future.

In addition, one great similarity that Dr Tahira and the panel of the speakers at the financial literacy conference shared with the audience was that, one is never too young to start thinking and taking the initiative in planning one's security nest. With the right knowledge and attitude, the individual will definitely be able to achieve the financial goals that he / she desires.

Now that I have been equipped with the resources and engaging pedagogy for the teaching and learning of financial literacy, I look forward to further collaborations with other schools to bring this meaningful life skill programme to the youths in my school. By promoting and facilitating collaborative research and exchange of resources for the teaching and learning of financial literacy, I am sure I will be able to scale to greater heights in promoting innovative practices in financial education.

For more information on Citi-NIE Financial Literacy Hub, visit www.finlit.nie.edu.sg.

IFHE Annual Leadership Meeting 2009

By Jasmine Kaur

The IFHE Annual Leadership Meeting 2009 will take place from 28th March 2009 to 2nd April 2009 at The Knutsford Court Hotel in Kingston.

The main focus of the workshop is to develop strategic plans for the future of IFHE.

For more details, visit <http://www.ifhe.org/89.html#c379>

Visit www.ahes.org for more updates

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2nd NIE-AHES Home Economics Symposium 2008

HOME ECONOMICS AS A FOUNDATION FOR HUMAN CAPITAL DEVELOPMENT

