Meet our 6 finalists!
(from left)
Angel
Aloysius
Jacqueline
Hidir
Savannah
Chester

Who gets your vote to be on our Feb front cover?

Voting period:
Now till 5 Jan 2016

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WANDERFUL TAIWAN
FOODIE PARADISE

MARKETS
Taiwan’s traditional wet markets are great places to try some fresh catches. For example, located within an old colonial building in the middle of a traditional wet market is Addiction Aquatic Development (青島漁業發展中心). The market’s stalls line the street, offering a variety of seafood, from fresh fish to shellfish, and even desserts like shaved ice and fruit cups. The market is open from early morning until late afternoon, and it’s worth visiting for its fresh seafood and local delicacies.

NIGHT MARKETS & STREET FOOD
Taiwan’s night markets are a must-see for anyone visiting the island. The night markets are teeming with food stalls offering everything from local street food to international cuisine. One of the most popular night markets is Shilin Night Market, which is known for its vast range of food stalls including street food stalls, snacks, and drinks. The night market is open from late afternoon until late at night, and it’s best to go early to beat the crowds.

QUIRKY FOOD
Taiwan is known for its unique and creative food dishes. One of the most popular dishes is the Rainbow Salad, which is a colorful and unheard salad that includes various fruits, vegetables, and dressings. Another unique dish is the Alishan Omelette, which is a fluffy and delicious omelette that is cooked on a hot plate.

HAKKA FOOD
In Hakka cuisine, the most popular dish is the Hakka Roufeng, which is a spicy and flavorful dish that is often served with rice. Another popular dish is the Hakka Noodles, which are thick and hearty noodles that are often served with a spicy and flavorful sauce.

ABORIGINAL FOOD
Aboriginal food is unique and flavorful, and it can be found in some of the remote villages in Taiwan. One of the most popular dishes is the Aboriginal Steamed Rice, which is a delicious and hearty dish that is often served with a spicy and flavorful sauce. Another popular dish is the Aboriginal Stewed Beef, which is a slow-cooked and flavorful dish that is often served with a spicy and flavorful sauce.

FOOD-ON-THE-GO
Taiwan is known for its street food, which is available all over the island. One of the most popular street foods is the Taiwanese Beef Noodle Soup, which is a hearty and flavorful dish that is often served with a spicy and flavorful sauce. Another popular street food is the Taiwanese Meatball, which is a delicious and hearty dish that is often served with a spicy and flavorful sauce.
CAFE LISTING

Richmond Station

Eggs Benedict are a dime a dozen now but nowhere else is it done better than at Richmond Station, where they take their English crumpets and muffins seriously. For the more piqued egg in your basket the fish pie is highly recommended too! A British-inspired cafe, the menu showcases the marriage of British grub to the Singaporean taste, with prices kept affordable for their generous servings.

Spizza Mercato

Part of Spizza, this easy Italian diner is set in the basement of the snazzy repurposed Capitol Piazza. Enjoy the same awesome pizzas with the additional option of taking home some of the ingredients available in the retail section. Their pizza special change monthly, with unusual ingredients like lamb chops and breakfast toppings (bacon and eggs). Students enjoy 15% off from Mondays to Thursdays!

The Coffee Cart

Featuring an entire coffee cart in their premise (hence their name), the cart doubles up as a paying ads for rental too. Cakes here are baked in-house daily — their most popular being the Rainbow Cake — and they’re also open to cake commissions. Another popular dessert is their Buttermilk Waffles, which is topped with ice cream. Of course, the main draw of this cafe is its range of coffees which are affordable.

Motorino

Using only the most natural, simple and freshest ingredients (flour and organic extra virgin olive oil imported from Italy), even the cheese is of a higher grade mozzarella called Fior di Latte. They make their pizzas seriously — even simple ones have been prepared for 30 hours, then cooked over their custom wood fire oven. They also serve roasted wings and meatballs as starters, in addition to the unique bruschetta tarts.

Creatures

Feast in creations that combine Peruvian flavours with influence from everywhere else. Tacos for instance: their Italian Fong Tai Fu, which looks just like our local offering but filled with cheese, or their Miso Cod and Udon Noodles which pairs Japanese flavours with Peruvian herb rice. This double-story restaurant is ideal for both dating couples and larger groups, with an interior that is filled with gigantic displays of fresh-cut flowers.

Marco Marco

For a touch of international cuisine in our plate, pizza or pastry, this Italian restaurant serves up unique creations. These include seemingly simple yet elegant pastas with flavours of vodka, prosciutto/mozzarella and Singapore (fizz). Also serving traditional Italian pizzas with toppings like serrano ham and spicy pepperoni, this rustic restaurant serves up food with fresh ingredients at affordable prices.

Glacier Frozen Yogurt Cafe

Conveniently located at the basement of Orchard Central, Glacier is a yoghurt bar with dispensors mounted on the wall, with up to 60 flavours offered each day. Besides the usual plain frozen yogurt, you can also get interesting flavours such as Salted Egg and Durian. You can have it as a parfait with your choice of toppings — both wet and dry — or even pair it with fresh Belgian waffles.

Alt. Pizza

You will definitely be spoiled for choice, as Alt. Pizza offers plenty of unconventional yet inventive toppings, such as white anchovies, blue crab and even wagon short rib meatballs. The adventurers can also customise their own pizzas by choosing their own sauce, cheese and toppings, meaning you can get $59,000 unique combinations! In addition, they also serve chicken wings and pizza doughnuts.

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If you’re an adventurous foodie, nothing beats trying something new and then posting your food photos on Instagram for all to see.

From pastries to lattes and beyond, here’s our list of cafes that we’ve tried firsthand. For a full review of any of these locations, head over to our website (www.campus.sg) and search by restaurant name.

To read about more cafes and restaurants we’ve reviewed, head on over to page 8.

Map not to scale. Follow this at your own risk!
FOOD WASTAGE IN SUPERMARKETS

BY KIRSTINSOW

Mention ‘supermarkets’ and what comes to mind is the convenience of strolling down countless aisles and being fascinated by the wide selection of food and household products. However, to maintain this glamorous façade, supermarkets generate huge amounts of waste by throwing away foods that have gone past their prime, but are still edible.

FILTERING THE GOOD, THE BAD AND THE UGLY

As consumers, we judge and associate the physical characteristics of products — their packaging, colour and shape — as a gauge for its quality and freshness. For products that look defective, we simply toss them aside. Sometimes, food arrives in supermarkets in poor condition which can be attributed to inadequate packaging or the long distance it takes to be delivered.

Supermarkets that pride themselves in selling and displaying quality food products are those who engage in cosmetic filtering. To meet consumers’ demand for large displays of fresh and undamaged produce, many supermarkets end up discarding tons of perfectly edible — but blemished — food. Even though the foods are safe to eat, those with slight defects are often discarded since they do not meet market standards.

NTUC FairPrice is addressing this issue with a simple plan: they cut up the fresh but blemished fruits (and vegetables) and repackaged them as cut fruits.

AS A RESULT, 90% OF REPACKAGED FRUITS WERE SOLD.

PERISHABILITY OF CONVENIENCE FOOD

Our dietary habits are influenced by our hectic lifestyles — we tend to buy foods that require less cooking, or ready-made meals that are easier for consumption. Catering to consumers’ needs, many supermarkets display large quantities of perishable food products like cakes, breads, soups and deli meats to induce purchase.

When it is nearing the supermarket’s closing hours, prices of food items tend to be slashed to entice customers to purchase. However, at the end of the day, when there are still leftovers, it is common for the food to be thrown away.

These days, in an effort to cut waste, some supermarkets — like Sheng Siong — are feeding their staff with leftover food, and some others are looking into technologies to convert food waste into feed or fertilizers.

IN A YEAR, NTUC FAIRPRICE WASTES ABOUT 2,200 TONNES OF FOOD.

SHENG SIONG JUNKS UP TO 15% OF ITS FRESH PRODUCE.

NUMBER CONFUSION

An experiment has several expiration dates printed on its labels. Sometimes, having too many dates and numbers might confuse consumers and mislead them into thinking that the food has expired and is therefore unfit for consumption.

Often there are a few types of expiration dates and they mean different things. A ‘Sell By’ date acts as an indicator for how long a supermarket can display the product for sale before its quality deteriorates.

A ‘Best Before’ dates appear on a variety of frozen, dried and canned foods. These dates are advisory and refer to the quality of the product. Foods kept after this date may lose its optimum flavor and texture. On the contrary, food must not be consumed after their stated ‘Use By’ date, as they will spoil immediately and may be detrimental to health should it be consumed.

Foods that have gone past their ‘Sell By’ and ‘Best Before’ dates were often tossed out, but these days, more and more supermarkets are donating their food instead to charities like Food From The Heart.

FOOD HAS TO LOOK GOOD.

UGLY ONES ARE, WELL, LEFT ON THE SHELF.

Food — just like anything else on the shelf, has to look good. If Apple didn’t package its products with such class, the streets wouldn’t be filled with people on iPhones. If that cup of latte didn’t make a latte out of foam, the café’s plain lattes wouldn’t get a spot in magazines. Similarly, there is a saying that the less good-looking people are left on the shelf — unless, their inner beauty crushes all that is superficial. However, food is not as lucky as humans. If they fail to impress our eyes, they’ll miss the chance to impress our taste buds — no matter how good they may taste.

CAUSE

Sight is the most important sense.

According to a study done by Oklahoma State University, our sense of sight ranks as the most important sense in response to food, weighing at 83%. On the contrary, our sense of taste sits at the other end of the scale. This means when it comes to food and eating, taste seems to be the least of our concerns.

EFFECT

Food presentation is essential to the success of a dish.

As a Food and Nutrition student in secondary school, I find that our teachers judged our food solely by appearances. I was always the one to tell the burnt ends of my chicken pie and get myself a good grade. Quoting David Wyman, a Culinary Arts instructor at The Art Institute of Seattle, “We eat with our eyes first.”

GOOD

1. Restaurants, cafés and eateries strive for better food presentation, adding onto the appeal of their dishes and quality of food.

2. Cultivates and nurtures the artistry of food art such as Japanese bento art as well as well-designed food packaging.

BAD

1. Consumers reject ugly-looking food, resulting in frequent wastage of edible and good quality food.

2. We select good-looking food just for the sake of photography and social media, regardless of quality, taste or even personal preference.

As the saying goes, “Do not judge a book by its cover.” Just as how looks are not everything there is to a person, bad-looking food can taste just as good. Why force our customers to try a remarkable dish only because it didn’t look tasty?

The importance of food appearance to our society has resulted in several habits — both good and bad — which is becoming our way of life.

COLOUR CAN FOOL OUR TASTE BUDS.

An experiment proved that a blindfolded person could not tell red wine from white wine. Even when the blindfolds were taken off and white wine was dyed red, the experiment was conducted with similar results — colour can fool your taste buds. This could be the reason children go “yuck” whenever they see greens on their plate.

RESULT IN PICKY EATERS AND FOOD WASTAGE.

Consumers deter from off-coloured foods and vegetables at supermarkets, as they have an impression that the least appealing of the kit would not taste as good, resulting in perfectly good vegetables possibly thrown away. Similarly, it’s not surprising that people would often choose food at restaurants based on how they look on the menu as well ...

...AND SOCIAL MEDIA.

Food magazines and cookbooks rely largely on the appearance of the platter. What makes a fast-selling cookbook? One stacked with pages of gorgeous treats that could make the food lover drool right there and then. These ‘visual artists’ have more ability to influence a customer compared to detailed descriptions of the dishes.

Everyone’s probably guilty of taking photos of their food and posting them on social media before tucking in. This has resulted in the birth of many social media accounts contributing to the widespread phenomenon of foodporn. People often fork out a few more dollars for a cafe dessert just to take a good picture of it.
KOPITIAMs

A THING OF THE PAST?

BY SHARMaine CHAN

PAST AND PRESENT

In the earlier stages of its life, the kopi tiam was a place of recuperation. Cheep food and drinks were sold to immigrants working in the area and for those in search of a place to relax and re-energise themselves by having a drink or a meal.

Soon after, it was only natural that the kopi tiam became a social centre for immigrant workers to catch up on news and socialise in between shifts and after work. The variety of foods found at the kopi tiam was so wide that almost every corner you would see a kopi tiam boasting a variety of foods, from classic kaya toast with soft-boiled eggs to full-rilled meals such as chilli prawn (economy版) or ban mian (Chinese noodles) for a mere dollar or two. Some kopi tiams even started serving twenty-four hours a day, seven days a week. It was seen as a sanctuary for those who worked past midnight or in search of a bite in the wee hours of the morning.

However, the classic scene of a kopi tiam’s sole proprietor, donned in a white singlet and pants making coffee or stirring by the cash register—reading the papers is now a thing of the past, Kheng Hoo Heng Coffee Shop (now known as Killiney Kopitiam), the oldest Hainanese coffee shop in Singapore that opened in 1919, was bought over in

1992 and soon developed into a franchise in the local and overseas markets due to globalisation and modernisation.

Children of many kopi tiam owners have been reluctant to take over their parents’ businesses due to the long hours, low wage, low status and physically demanding workload. In the process, several culinary skills and secret recipes have been either left at the hands of a stranger who has bought over the business or vanished completely due to the lack of apprentices. In addition, rising costs and competition have driven many to close their doors or to retire for good.

The appearance of global Western franchises such as Starbucks and Coffee Bean & Tea Leaf have resulted in fewer of the younger generation patronising their local coffee shops—these patrons often ask for brands and chains instead. With newer and trendier cafes being opened by young entrepreneurs, the idea of the traditional kopi tiam seems to be slowly phasing out of the F&B scene in Singapore.

STAYIN’ ALIVE

In a bid to try to revive the dying tradition of the classic kopi tiam, concepts such as killers by day and bar by night have taken root in places around Singapore, which encourages the spirit of the kopi tiam to live on. Places like Tiang Bahru has a number of these types of establishments.

Bigger establishments such as Ya Kun, Killiney Kopitiam and Nanyang Old Coffee have revamped their menu and infused a myriad of breakfast, lunch and dinner sets to encourage customers to patronise them.

WHAT’S NEXT?

Indulging in the culture of eating, drinking and socialising is a staple of Singapore’s national pastime. Thus, the multicultural kopi tiams in the heartlands continue to remain as the bedrock of local community and everyday life.

But with the dying culture and change of ownership every few years, what will remain of the classic kopi tiam and its traditional dishes sold at affordable prices? From the closure of several kopi tiam to the dying tradition of carrying on a family legacy, perhaps it is time we put a stop to labelling a career in this environment as a low status job and instead, embrace the culture our forefathers have introduced.

For us consumers, patronising these stores could mean that such places will still exist for the generation to come. If we continue to turn a blind eye to our heritage, Michelin star restaurants, over-priced brunch foods and branded cafés will take over cheap, good and traditional food, signalling the death knell for the kopi tiam we’ve grown up with.
Diets are everywhere nowadays, with new ones popping up almost every month. To keep track of them, here's our Cheat Sheet on the latest range of diets out there.

**The 3-1-2-1 Diet**

The basics of this diet include a strict non-processed low-carb diet for 3 days of the week and for days 4 and 7, you have your cheat days when you can have a cake or drink a glass of wine! This apparently blocks your body and speeds up your metabolism. The main diet is high protein, and includes double-dirty food combinations — like shrimp and macaroni or chicken and rice, or touching low-calorie levels and promotes muscle growth, fiber and healthy fats, which keep blood sugar levels stable. The plus point is that you have cheat days to maintain a social life.

**Paleo Diet**

Currently one of the most popular diets in the world, this diet is based on emulating what our hunter-gatherer ancestors used to eat. The meals are eating real, unprocessed foods like meat, fish, fruits and vegetables while avoiding all processed stuff such as sugary soft drinks, grains and most dairy products. The reason is because even though our ancestors were genetically similar to us, they were free of the obesity, diabetes and heart disease that plague us today because they are different. Studies have shown that this diet is good for weight loss and improvements in one's general health.

**Dietary Approaches to Stop Hypertension (DASH) Diet**

While not a new concept, this one is gaining popularity because of how good it is for weight loss and overall health. Originally created to prevent and manage high blood pressure, its simple premise makes it a breeze to follow. It's all about eating healthy and not cutting out any major food groups, meaning that you can eat includes fruits and vegetables, lean meat, fish, beans, nuts and low-fat dairy products.

**FLEXITARIAN DIET**

The name of this one comes from the joining of two words—flexible and vegetarian. The theory goes that you don't have to remove meat completely from your diet to get the health benefits of eating a vegetarian — you can ditch the veggies most of the time and eat meat when you feel the need. It's all about adding food groups, namely meat substitutes like tofu and lentils, fruits, veggies, whole grains and dairy. Basically you cut back on the meat and go heavy on the plants, so the diet is easy to follow as well as being healthy.

**INTERMITTENT FASTING**

How this diet works is simple. You have a dedicated fasting window, where you consume little to no calories, and a feeding window, where you can eat. The reasoning is that when you are in a fasted state, your body is more likely to burn your stores of fat for energy. Since the state does not occur until 8 to 10 hours after eating, you have to achieve it by fasting. The easiest method of intermittent fasting to follow is the 16:8 diet, which means you fast for 14 hours and eat for the remaining 8 hours of the day. Most people starting eating from noon and stop by 6pm.
BY VINCENT TAN

THE MAIZE TO DATE: HIGH FRUCTOSE CORN SYRUP

High Fructose Corn Syrup is at the centre of a major food controversy, linking it to dire health issues like obesity, diabetes and heart disease that have risen sharply in the developed world.

What is this contentious syrup, you may ask?

High Fructose Corn Syrup, or HFCS by its wanker, is a sweet syrup made from corn. First, corn is processed into a syrup, which is almost entirely glucose—a sugar beneficial to the brain. Then enzymes are added to change the glucose into fructose, which is a naturally occurring sugar. The resulting HFCS is about 44%-55% fructose.

On its surface, HFCS is more welcome than table sugar. Being liquid it is easier to transport, it is sweeter than sugar and being acids, preserves food to a certain extent.

Due to its advantages lost its relative cheapness in the US, the use of HFCS rose rapidly in the 1970s, and substituted table sugar as the sweetener of choice in myriad sweet products from baked goods and drinks to ice cream and yogurt. If you pick up a processed food product made in the US, it has more than 50% chances of having some HFCS in it.

Taking sugar to court

It is alleged by several studies that the broader use of HFCS as a sweetener in the American diet was a significant factor in the rise of obesity and heart disease.

The health effects of HFCS were brought forcibly into the public consciousness when the sweeter appeared as a defendant in court. Due to negative reports of HFCS’s health effects, the Corn Refiners Association (CRA), a trade association representing corn refiners, put out a TV advertisement in which it claimed that HFCS was basically the same as table sugar. This increased the Western Sugar Cooperative (WSC), a grower-owned beet sugar producer, which used CRA for US$3.5 billion in free advertising. CRA contributed for US$5.6 million, saying the WSC’s newsletter had falsely claimed corn syrup led to obesity and cancer.

High Fructose Corn Syrup is so hated because it is made from corn, yet it’s so healthy. It’s got all the benefits of corn... and then some! It’s sweeter, cheaper, easier to transport, and just plain better for you. So what’s the problem? Well, there is a problem. It’s the fructose.

HFCS is made from corn by turning the natural sugar glucose into fructose, a naturally occurring sugar that is sweeter than glucose. So even though HFCS is sweeter, it doesn’t contain as much glucose as table sugar. This is a major issue because fructose in large quantities has been linked to a number of health problems, including obesity, diabetes, and heart disease.

So what’s the problem? Well, it’s the fructose... and the glucose. When you eat a lot of HFCS, your body processes it as fructose, which is a type of sugar that is absorbed quickly into the bloodstream and can cause insulin spikes. This can lead to insulin resistance, a condition where the body is resistant to the effects of insulin, which can lead to type 2 diabetes.

But HFCS also contains a significant amount of glucose, which can also contribute to insulin resistance. This is because glucose is absorbed more slowly into the bloodstream than fructose, but this effect can also contribute to insulin resistance.

These effects have led to a growing body of research linking HFCS to a number of health problems, including obesity, diabetes, and heart disease.

So what can you do to reduce your intake of HFCS? The best way is to read labels and avoid products that contain HFCS. You can also try to eat more whole grains and fresh fruits, which are naturally low in HFCS.

But if you’re like most people, you’re probably already consuming too much HFCS without even realizing it. So the next time you’re at the grocery store, take a look at the labels and make a conscious effort to reduce your intake. It’s the least you can do for your health.
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A BIG PROBLEM

BY JETHRO WEGENER

Obesity is becoming an epidemic. According to the World Health Organization (WHO), over 1.9 billion people in the world today are overweight in that, over 600 million are obese. It is the leading cause of preventable deaths in the world at the moment. Diabetes, heart disease, high blood pressure and even cancer all can be attributed to it. And it is not just western countries like the USA or UK that have this problem - Singapore does as well.

A 2010 National Health Survey revealed that almost 11% of Singaporean women were obese, and that number is rising by a rate of about 1.5% a year. So if that annual percentage increase has been consistent, just since 2010, the percentage is now 13%.

WHAT IS OBESITY?

Obesity happens when a person has too much body fat, so much so that it affects their health. The easiest, and perhaps least accurate way, to determine if it is to measure your body mass index (BMI) by dividing your weight in kilograms by the square of your height in meters. People with BMIs over 30 are generally considered obese.

The most reliable way to tell is to measure your body fat percentage, although measuring it can be difficult if you don't have calipers. 30% is usually the threshold, but not too much. The healthy range for men is 14-17% and 21-24% for women. Anything over 25% for men and 31% for women means they are obese.

CAUSES OF OBESITY

Several factors can contribute to a person becoming obese. Some people are genetically predisposed; someone with a family history of obesity are 2-3 times more likely to be obese than someone without.

The most common cause of obesity is poor diet. Everything from overeating to a high fat, high sugar diet (like sugar) can contribute to excess weight gain. However, many factors can lead to a poor diet. For example, some people overeat when they are feeling negative emotions like depression or body image issues. Others are simply addicted to food - according to research, certain foods

problems caused by obesity

Being obese isn't purely cosmetic. There are several very serious diseases and health issues related to it. One of the most common is heart disease. As your body fat percentage increases, your arteries start to get clogged up with fat. Too much of it and the arteries can no longer supply blood to the heart, leading to a heart attack - one of the leading causes of death in Singapore.

Another problem is type 2 diabetes, especially if one carries extra pounds around the waist. At type 2, the body's cells don't produce insulin correctly, causing sugar to build up in the blood. Having this disease - which affects kids, teens and adults alike - puts you at risk of stroke, kidney disease and blindness.

PREVENTION

Governments have finally started to take notice of this epidemic, with obesity officially declared a disease by the American Medical Association in 2013. The Health Promotion Board is now working to encourage people to eat healthy and exercise. Initiatives like the 10,000 Steps and The One Million KG Challenge.

Preventing obesity is not always as simple as diet and exercise. Scientists are also conducting ongoing research into obesity; they now know how the obese gene works when it's faulty, a key step to engineering this illness. Other areas of study include analysing risk factors, chronic disease, psychosocial risk factors, as well as nutrition.

While Singapore is still well behind countries like the US, which has an almost 70% obesity rate, we are way ahead of places like Japan (38%). Obesity is fast becoming a global issue and the world is seeing a rise in obesity-related illnesses. For most people, obesity is preventable and reversible - it's all a matter of education and control.
HUNGRY + ANGRY = HANGRY
by Rin Yeo

PHYSIOLOGY OF HANGER

The human body is powered by what we eat. From the carbohydrates to the proteins and even fats that we ingest, broken down into simpler forms such as glucose, these nutrients pass into the bloodstream and are then sent to the body’s tissues and organs for energy.

The nutrient level will drop beginning from the end of our last meal so the stomach signals that you are hungry and would need food soon. Should you ignore it, and the blood-glucose level falls too low, the brain — the sole organ in the human body which is dependent on glucose to function — may view this as a life-threatening situation.

When this happens, even the simplest task may become challenging, including your attention, speech, and even vision. You might even find yourself becoming agitated and irritable, all because you are unable to concentrate.

HANGER LEVELS
Do why do some people seem hungrier than others?

Essentially, hunger and anger are controlled by a common gene released by the brain, called Neuropeptide Y. When you are hungry, so that you would take it hard to eat. However, the amount of these genes released is highly dependent on the individual. Some people release more of these in their cerebrospinal fluid than others, which affects the level of anger that they project.

FOODS TO CURB HANGER

Nutrient-rich and natural foods are the best options to satisfy hunger. For instance, baked nuts, seeds, and fruits such as bananas, which are high in glucose.

While you may crave fast snacks and sugary stuff, these would not only give you extra pounds added onto your weight but also cause your blood-glucose to fluctuate between the two extreme ends. In general, it is always best to have small amounts of healthy snacks to prevent hanger from happening.

Coined a good 10 years ago, ‘hangry’ is a phenomenon that occurs especially when one gets hungry — they get angry too. We tend to be the meanest towards those closest to us, and in a study in 2019, it was proven that couples stuck more needles into a voodoo doll of their spouses when they get hungry. Just how does ‘hangry’ occur, and what leads to it?

Remember Ah Boon? Our lovable mascot who’s been looking for a friend and a story to tell? Well, thanks to all you creative folks out there, his wishes have been fulfilled!

Let us take you on a journey of Ah Boon...

AH BOON MADE A STORY

After we found him a friend (or two), it was time for Ah Boon to have his own story. So our Single-Panel Ah Boon Comic Challenge came about, depicting our dear Ah Boon as a lovable loser.

The caption for this 1-panel comic:

Ah Boon learns the hard way you can’t actually fight fire with fire.

AH BOON IS IN A COMIC!

For the finale, we partnered with LaSalle College of the Arts’ Animation department during their 24 Hour Comic Marathon to come up with a 30-page comic featuring Ah Boon. Of the many worthy entries, 8 winners emerged.

Fan Favourite with 335 votes:
Alexander Matla
His prize is a Wacom Intuos Pen & Touch tablet Special Edition!

Grand Winner, Mira Taffar’s “The Birth of Ah Boon” (flip to the next page)
Beer is typically considered an unrefined and mass-produced drink, while other types of alcoholic drinks—such as wine and spirits—are thought of as more refined. However, with the rise of craft beer, the beverage is starting to get its sense of character back. 

A BRIEF HISTORY OF BEER

Early beer was unfermented, with a somewhat cloudy appearance due to resins. It was the Catholic Church—where communities were funded by profits of all their breweries—that developed the brewing methods we know today.

Germany first introduced the Beer Purity Law in 1516 which stated that beer must consist of a set of basic ingredients: water, hops, malted barley, and yeast. Over time, automated bottling, refrigeration, and improved transport made it easier to distribute beer to the masses.

During WWII, rationing led to the production of lighter beers, as companies had to find substitutes for ingredients like wheat. Roe and corn were used, and this lighter version was found to be lighter and more filling, which helped the Allied Forces. Caffeine and tiger bitters were standardized. It became harder and harder for people to find a good brew with taste and depth.

CONCLUSION

In Singapore, quite a few bars are producing a whole host of different beers, including lagers (for Japanese offerings), Smirnoff Tool Tips, and The Great Beer Experiment. There are even a couple of microbreweries, such as Hoots Brewpub, 1925, and Level 33. Or, you can order online via Thiry.

Know Your Brew

There are many types of craft beer, here are just a few:

India

In India, coconut water is considered a good way to have all the electrolytes. Coconut water is full of nutrients and potassium, so it helps to replenish the lost electrolytes in the body, making it a great way to hydrate yourself.

China

A popular remedy is a hot bowl of porridge with whatever you feel like eating. It’s good for hangovers as well. Since the rice actually helps hydrate and nourish your body, there is a lot of evidence to support that it could alleviate your symptoms.

Japan

One of the oldest remedies is the somenbei—a Japanese rice ball that has been picked for millennia. On average, people eat a bowl of porridge every day. It is good for hydrating your body, and it helps remove the alcohol from your system.

South Korea

Many years of hard drinking have led the South Koreans to make kalguksu (or “stew to cure a hangover”). Multiple versions exist, but it’s usually made with a beef broth base, vegetables, rice, and stone. It’s a thick, hearty stew that helps soothe an upset stomach and provide much-needed nutrients for the body.

Science of Hangover

For those who do drink, you should know the usual symptoms: headache, nausea, fatigue, anxiety, trembling, and a general longing for death. Even though hangovers have plagued mankind since alcohol’s invention, scientists don’t know exactly what causes them. However, there are multiple theories.

The most common explanation is dehydration. Because alcohol acts as a diuretic, it causes you to lose fluids, and since most people aren’t properly hydrated, they get dehydrated quickly. However, there is no scientific evidence that being dehydrated causes a hangover. The only surefire way to prevent a hangover is to limit your alcohol intake in the first place.
THE REAL PRICE OF MEAT

What's the state of our food supply?

Have you ever wondered how you can get a beef burger for under $4, or a plate of chicken rice for a mere $3.50? If you love meat like many of us, you may be surprised to learn about the processes that a piece of meat goes through in the current age of industrialized farming.

WHAT IS INDUSTRIALIZED FARMING?

Farming, of course, is a process of managing animals for what humans want, (i.e. meat) into something we eat (i.e. steak). However, in the age of industrialized farming, this has changed drastically.

ALL ABOUT THE PRICE

The idea of factory farming dates back to post WAR II, when the most pressing issues were to feed the hungry masses. An industrial revolution occurred in the form of mass-farming and genetically modified crops in order to make us look food possible for the lowest cost.

Over the years, this strategy of feeding humankind has led to mass-farmers. The case is that you have huge conglomerates - like Tyson Foods, JBS and Smithfield Foods - responsible for the majority of our meat supply. Because huge farm plants are efficient, they can drive costs lower, but what is the consequence?

THE STATE OF FARMS

You can be forgive for thinking a farm with rolling hills and cows grazing is the norm. We are living in the age of factory farming, and these are the production levels: -

Despite the high numbers, the quality of food has decreased, causing diseases and damage to the environment.

SEWAGE POISON MARINE ORANGE AMI H AMI MINAH MAJAI

The problems with factory farming are not limited to the animals. They also affect the environment, contributing to climate change and water pollution.

CHANGING FOOD CHAIN

The normal food chain for a farm should be simpler animals eating grass and other inedible organisms. However, in factory farming, it is marketed as a healthy product, and the animals are raised in small pens, leading to overcrowding and disease.

WHERE TO GO FROM HERE

As a consumer, we are all involved. By purchasing meat, we are supporting factory farming practices. We can, however, make a difference by supporting local farmers and choosing sustainable products.

FOOD OR FUEL

by Cheryl Tan Kay Yim

Agriculture for Biofuels

Biofuels. The hip and trendy word being thrown around by scientists, economists and politicians alike as an environmentally friendly alternative to fossil fuels. But are we really helping to cut down carbon emissions or are we merely eating into our global food crop production and contributing to world hunger and poverty?

We take a brief look at soybean and palm oil – 2 major biodiesel sources that account for 33% and 27% of the world’s production of vegetable oils respectively, and discuss their benefits and downsides.

SOY:

Fueling humans... and cars?

We are familiar with soy in the form of tofu and soybean milk – basically, foods we consume directly, however, this only forms a minor proportion of what global soy crops become.

In fact, most of the world’s soy crop ends up as soybean meal as the major ingredient for commercial farms (poultry, pork, cattle, and fish). Soybean oil is also produced for biodiesel, thanks to its ease of extraction. However, even though it’s carbon-neutral – growing soybeans also consumes CO2 – farming soy-based biodiesel is fuel-intensive compared to corn, another biodiesel source, taking five times more land to produce the equivalent of biodiesel energy.

Palm Oil:

Environmental friend or foe?

Just as with soy plants, increasing the production of palm oil means large plots of land in Malaysia and Indonesia are cleared for palm oil plantations which combined, produce 85% of the world’s palm oil. In Sarawak and Borneo, some 4 million hectares of forest have been converted to palm farms, with millions more planned for Malaysia and Indonesia.

In theory, palm of biocoal is regarded as carbon neutral, as the carbon dioxide released is mainly returning CO2 to the atmosphere through burning biofuel can save. In addition, clearing these lands means destroying habitats for rare wildlife like orangutans.

As global demand for palm oil continues to increase, tropical forests across Southeast Asia, Africa, and Latin America are likely to be converted into large-scale palm oil plantations which in turn contribute to global warming. The scale and destruction of the recent Indonesian haze proves just how bad the situation has become.

CONCLUSION

There is a need for a fine balance between allocating resources for biofuel production, livestock food production, and for human consumption. The amount of energy out into soybean/crop production for instance, is greater than the overall output we get from harvesting it as biofuel. Whether this makes economic sense or not determines the world’s hunger issue is one we should consider.

Likewise, although palm oil biodiesel is a cheap alternative to fossil fuel, we need to consider if CO2 emissions from biodiesel production can be compensated by using the burning of palm oil biodiesel. The question that needs to be answered is not how much if biodiesel is good or bad but whether effective technology, policies and cultivation practices can justify the social, environmental and economic costs that come with increasing biofuel production using agricultural crops.
FOREIGN INVASION

Influx of International Food

From tapas to pizza, and ramen to Korean Fried Chicken (KFC), Singapore has seen an influx of foreign foods that are taking root in Singapore, two of which are gaining more prominence in our F&B industry — the Japanese and Korean wave. Here are some facts about the rise of these food trends:

Korean

Another rising star is Korean food. Beginning with a collection of Korean BBQ restaurants that line Tanglin Village Road (the ones you can spot at least 10 different brands along this tiny stretch), Korean cuisine has now spread all over the island.

From Korean grilled store to bibimbap, their range of cuisine has extended to antigori takes on common foods, like Korean fried chicken. Just in 2015, more than 100 new restaurants have set up to serve this ubiquitous dish. Their inventiveness also extends to cheeses — it may be a Spanish invention but the Koreans have beaded their own. Up to 2 cheeses are brands are due to open by the end of 2015.

Then there is the rise of bingsu — it seems Singaporeans can’t get enough of this Korean ice dessert, as there’s no less than 10 places serving the stuff. In fact, a mere search online would also reveal more than 500 popular Korean restaurants here in Singapore — each with a sizeable following.

Japanese

Japanese food goes beyond just sushi and sashimi — you can now find ten-don (mixed tempura on rice), ramen, and matcha-flavored food wherever you go. There are even segments of malls (like Millenia Walk and ION Orchard) dedicated to Japanese cuisine. Most of these restaurants are even run — and parents served — by Japanese living in Singapore.

In fact, in the short span of about 5 years, there are a number of 20 different ramen restaurants here in Singapore. Common food categories are gaining traction here include izakaya, where sake and beer are served alongside sharing dishes like grilled seafood, as well as Japanese chain eats that serve up Japan-inspired coffee. To date, 5 major Japanese cafe brands have set up shop here.

Then there’s a proliferation of sake bars (and restaurants serving premium sake) in addition to congee restaurants where Japanese chefs create everything from affordable to extravagant courses.

In 2008, there were only 10 found here in Singapore. To date, the figure stands at well over 1,000.

Other food trends

What about Western food? In addition to Italian pizza joints, several other food trends have emerged — including Lebanese seafood and Spanish tapas.

To date, there are 12 different restaurants offering just Lebanese seafood, which probably goes to show how much Singaporeans love seafood and crab. In particular, Spanish tapas bars are also on the rise, with more than a dozen high end restaurants offering these petite morsels.

While the numbers are small, celebrity chef helmed restaurants — like Jamie’s Italian and Red Street Kitchen — will be set to increase thanks to the introduction of Singapore’s first Michelin Guide which is due out next year. Alkaffs are at least to offer celebrity chefs who have set up shop around Resorts World Sentosa and Marina Bay Sands.

THE LUXURY EFFECT

Impact of Expensive Foods

POOR MAN’S MEAL

A majority of luxury foods today were once consumed by the poor as part of a staple fare simply because there was an abundance of them.

A couple of centuries earlier, you could get cheaper in elaborate in America because of the time they were the largest proportion in the world. In 18th-century America, hundreds of species were farmed, then simply because they were in abundance at the bottom of the pyramid. Uninformed foragers, who were easily fooled along the shores and served as protein source for poor laborers.

As how did these end up on the “luxury list”? Interestingly, no transport system was available at the advent of the railway, these communities have begun to spread inland. When demand for these became delusional rose, as did their price.

IMPACTS

TOO EXPENSIVE FOR LOCALS

Once consumed as part of daily diet in South America, the prices of foods like quinoa and acaí berries skyrocketed after being marketed as high-end superfoods. The increase has so dramatic that traditional consumers could no longer afford them, leading to a phenomenon coined as “food gentrification”.

As the demand drives higher output, more farmers are getting into quinoa monoculture. In turn, this decreases soil quality as less varieties of crops are planted. Ironically, it’s cheaper for South Americans to eat food shipped from halfway round the world (i.e. yuck food).

Even if the farmers are finding a good living, mechanisation of the farms leads to under-employment in some poorer communities.

REAL LIFE CASES

Red if a queen get wore to happen — if other countries manage to grow enough of the stuff — prices will plummet and ruin this already fragile economy.

HARSHER CONDITIONS FOR FISHERMEN/FORAGERS

When it comes to seafood such as lobster and crab, fishermen these days opened a majority of their time in harsher conditions — it’s a risky business with a high death toll. Due to over-fishing, fishermen have to explore ever harsher conditions, but to many, the price is worth the sacrifice.

EXTINCTION OF SPECIES

These days, caviar retails for about $37,000 per kg — a far cry from its value in the 18th century when a nickel would get you something in Europe. The most prized caviar come from wild sturgeon harvested from the Caviar or Black Sea, but no one is sure how long the sturgeon population is not to mention the incredible waste of decades—old fish which are killed for eggs.

Red all we know the impact that illegal trade has on endangered species like tiger and sumatran, large parts of which are ridiculously marketed as high-end luxe-baubles.

SO...

Some of us may be able to enjoy these luxury foods today, with the only limitation being the size of our wallets. However, the rising demand for these items hurt more than just our wallets — it’s a demand effect that trickles down to the society and environment of the food source as well.
Pondering your next step in education? Check out some of these Open Houses for a closer look at what's out there.

Kanyang Polytechnic Open House
Venue: Republic Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm (8 Jan: 6pm - 11pm)

Find out more about the diploma courses from the course and career exhibition, as well as experience a slice life there through guided tours,CCA showcase and Night Open House.

Ngee Ann Polytechnic Open House
Venue: Ngee Ann Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm

Drop by the Convention Centre to try your hand out at some of the CCA, or talk to the counsellors from all the academic schools who would be available with answers to any questions you may have.

Singapore Polytechnic Open House
Venue: Singapore Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm

Come with us and find out what Singapore Polytechnic can offer you. Discover more about the 48 diplomas and awesome real-world learning environment.

Temasek Polytechnic Open House
Venue: Temasek Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm

Discover exciting Republic Polytechnic diplomas and vibrant student life activities. Try out interactive games and exhibits. Visit facilities and labs. Learn about Scholarships, career and further studies opportunities. Meet 98.7FM Deejays. Win prizes, goodie bags and more!

Nanyang Polytechnic Open House
Venue: Nanyang Polytechnic
Date: 7 - 9 Jan 2016
Time: 10am - 6pm (8 Jan: 6pm - 11pm)

Find our more about the diploma courses from the course and career exhibition, as well as experience a slice life there through guided tours, CCA showcase and Night Open House.

ESSEC Information Session
Venue: ESSEC Asia-Pacific, 2 One-North Gateway
Date: 23 Jan 2016
Time: 7am - 12pm
Dress Code: Business Casual

Join professors, students, alumni and the Dean of ESSEC Asia-Pacific as they share how you can benefit with ESSEC’s innovative learning approaches in their Global MBA.

LASALLE Open House
Venue: LASALLE College of the Arts
Date & Time: 18 Jan 2016, 5pm - 8pm, & 16 Jan 2016, 11am - 5pm

Meet our star students as they share secrets about how to excel in LASALLE and find out how their illustrious alumni parlayed their way into some of the world’s most successful companies. Plus, your application fee will be waived* if you apply on-the-spot at the Open House.

NAFA Open House 2016
Venue: NAFA Campus 1
Date: 15 Jan - 17 Jan 2016
Time: 10am - 5pm

If you are exploring an arts education, join NAFA at their Open House where games, talks, arts demonstrations and tours will help you understand more about the NAFA life.

Raffles College of Higher Education
Venue: Raffles Education Square
Date: 27 Feb 2016

Join us at our annual Open House at Raffles Education Square where we will be showcasing a line-up of activities and workshops. You can also meet our fashion industry alumni.

The Danish Girl

9 Jan 2016 | 7.30pm Esplanade Concert Hall
Tickets: $12 - $17

Mendelssohn’s Violin Concerto ($50)

The preview to 500’s European tour, this orchestra would be performing masterpieces back at the Violin Concerto in 6 months, as well as the tone of an exceptioned symphony especially composed for share by long-time violinist David Oistrakh.

23 Jan 2016 | 8pm Fort Canning Park
Tickets: from $109

ONE OK ROCK 2016 “35xxxv” Asia Tour

Having played to sold-out crowds in Japan, UK and even Europe, Japanese rock band ONE OK ROCK is set to return to Singapore after more than two years since their last visit to Singapore, with the first for the promotion of their “35xxxv” World Tour in 2012.
Food for the Mood

The Long and Short of Aphrodisiacs

by Nina Gen

While the pharmaceutical industry is making a mint these days on pills for sexual performance, the quest for improved libido is not a new one. For ancient Egyptians, lettuce was not an aphrodisiac but an aphrodisiac according to the Kama Sutra, consuming milk boiled with goat testicles increases vigour. These days, the list of aphrodisiacs can only keep getting bigger (and stranger).

If it looks the part

For many, if the food looks the part, it should perform the part. Following the principle of “discipline of signatures”, so by that logic, mate-centric aphrodisiacs like sea cucumber, fish, bull testicles, sheep, and animal penises are touted as pre-coital boosters. So, which makes the man and not the myth?

While the seed-like hagfish and sea cucumber are equally slimy and phallic, the latter is known to increase blood flow, and contains niacin, zinc, and vitamin C which may promote prostate health. Who knew?

According to principles of TCM (Traditional Chinese Medicine), expensive goat antler velvet is usually harvested from deer entering mating season, so logically the hormone content should give you more bang for your buck. However, if it doesn’t work, it also treats ulcers and helps bones heal fast that booted.

It’s obvious that rhino horns and tiger penises shouldn’t make anyone’s list of aphrodisiacs because it’s just wrong, but even based on evidence, impotence is just as effective as churning your nails, and drinking tiger saws soup has no known scientific effect of boosting anything except stupidity. If you’re dying to try a penile aphrodisiac, try kale – although the sight of an 18 inch appendage would probably put you off any sexy thoughts.

If it doesn’t kill you

Foods that are toxic probably make people feel a bit macho for having survived, so things like fugu (suffer fish), cocoa, Spanish fly and food toxins would find their way into wamabe Casanova’s armory. Unfortunately, there isn’t a user’s manual, so nervous men may find themselves collapsing from cardiac arrest amongst other things.

The compound bufotenin, found in food toxic, often lands its victims in the beds of hospitals rather than (over) The Spanish fly is extracted from a beetle that excretes cannabidiol, which actually irritates the urinary tract to cause erection (and bleeding).

Consumption of fugu causes tingling and stiffness in the lips, fingers, and other extremities because it contains tetrodotoxin, a nerve poison that can kill 20 adults. In parts of Asia, it’s common to have sauerkraut arrive with blooms – the tan increases blood flow to the right bits, but not actually long enough to raise the snake in anyone’s pants.

Culturally Strange

Cultures around the world have their own ways to boost libido, but by no means are any of these proven to work.

For 500 years, newly married couples in South America were often gifted with mescal cactus. These protein-rich seeds are high in Tryptophan. In Japan, eating creamy shrimp (oak fish sperm) is a popular way to boost up sperm count and stamina (presumably due to its concentration of protein).

In Zimbabwe, the aphrodisiac of choice is baboon pee which is crystallized and sold to women to ensure their partner remains loyal. In Thailand, the popular “xy don”—made with rice whisky, heroin, and sometimes a dead scorpion or snake – is often sold as libido shots from street stalls.

Conclusion

While aphrodisiacs—whether scientifically proven to work or not—are often sought after as a short-term remedy, nothing is better than a balanced, healthy diet. Beyond that, any scientist will tell you that it’s all in your head.

Instructions:
- Cut out the boxes (include flaps)
- Fold the flaps
- Glue the flaps and create a box

How to play:
- Roll & shake each dice
- Pick the meal and toping based on which side is pointing toward you.
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