

# Stirring up cooking skills

IT is not everyday that a Foundation in Science (FiS) student gets to cook in the Nutrition and Dietetics Laboratory, let alone compete in a cooking competition. However, this was made possible for FiS students at the International Medical University (IMU).

Recently, the Nutrition and Dietetics with Nutrition programme organised a cooking competition for the IMU FiS students. The aim of the competition was to help the students discover their talent, passion and interest in the programme.

It was a fun-filled afternoon at the Nutrition and Dietetics Laboratory, where the students were assigned to a work bench (fully equipped kitchen) each, guided by a senior student from the Nutrition or Dietetics with Nutrition programme.

The students had to dish out a creative and healthy meal with

the ingredients provided within a given timeframe.

Just like on the hit TV show *Masterchef*, students quickly grabbed the ingredients they needed and soon, the "kitchen" was filled with the clanking of pots and pans.

As a twist, each team was given a compulsory ingredient, tofu, to add to their creation. By the end of the competition, all the teams served up their creations at the judges' table.

There was a healthy dish of chicken rice with soup, pancake burger with chicken and tofu patty, stir-fried spaghetti and western breakfast with tofu incorporating scrambled eggs along with a glass of juice.

The judges had a tough time deciding on the winner as all the dishes were delicious and creative. It was an unforgettable experience for the FiS students.

IMU's FiS programme is a

one-year pre-university programme that prepares students for a variety of undergraduate degrees at IMU (local degrees and credit transfer options).

It not only prepares them academically, but also gives them a holistic learning experience and exposure to IMU's various learning spaces.

With that aim in mind, the teaching methodology and assessment methods employed in FiS are aligned to the methodologies used in the undergraduate programmes. Students benefit from these as it gives them early exposure and a head start to the undergraduate learning environment.

This foundation programme is an important foundation year that aims to prepare students to be independent learners.

IMU's FiS programme has three intakes in a year – April, July and September, enabling

a smooth transition into the preferred degree courses of the students' choice upon successful completion of the programme.

IMU is Malaysia's first and most established private medical and health sciences university with over 24 years of dedicated focus in healthcare education.

It was established in 1992 and pioneered the world's first Partner Medical School programme. It has gained international recognition with over 30 world-class university partners in Australia, New Zealand, United Kingdom, Canada, the United States, Ireland and China.

IMU's main campus is located in Bukit Jalil, Kuala Lumpur, with branch clinical schools in Seremban, Kuala Pilah, Batu Pahat and Kluang.

■ For details, log on to [www.imu.edu.my](http://www.imu.edu.my), e-mail [start@imu.edu.my](mailto:start@imu.edu.my) or call IMU at 03-2731 7272.



The cooking competition organised by the Nutrition and Dietetics with Nutrition programme proved to be a memorable experience for students.