Field Trip to Sabah Meat Technology Centre

Wolyna Pindi & Tee Kian Hua

This field trip was organized by Dr. Wolyna Pindi on April 25, 2015 and May 9, 2015 for the course of Meat and Seafood Technology (NB20002). The purpose of this field trip was to enhance students’ knowledge about meatball processing and cow slaughtering process. Students had an opportunity to learn about the types of equipment and instruments in cow slaughtering process. Besides that, students were also given a chance to make their own meatball.

Sabah Meat Technology Centre is located at Jalan Perkhidmatan Haiwan dan Perusahaan Ternak, Kinarut, Papar. It took 45 minutes to reach the destination. At the centre, students and lecturer were briefed on the introduction to Sabah Meat Technology Centre by the Quality Control officer. They were also shown a video on cow slaughtering process.

By noon, students were given the opportunity to make the meatball by using a recipe created by the students themselves. Recipes varied between groups as they were given freedom to adjust the amount of spices such as garlic, ginger, onion, and black pepper accordingly. The visit ended at 1.30 p.m. and all students and lecturer headed back to UMS.

Healthy Eating and Nutrition Workshop 2015

Lam Chee Weng

Healthy Eating and Nutrition Workshop 2015 with the theme “Makan Seimbang, Hidup Sihat”, organized by Exco Kebajikan & Pengaduan, PMFSMP, UMS was held on 23rd May 2015 at Darul Bakti Kota Belud. The workshop aimed to expose the children in Darul Bakti to information regarding healthy eating habits and nutrition. A total of 43 students, including committee members, participated in the workshop. Various activities such as drawing, solving puzzles, talks, and sandwich making were carried out among the children in order to provide them with some basic knowledge on nutrition. This programme was a success and the children enjoyed the activities.