

## **Massey University provides professional development for food technology and science teachers, 2018**

In April, the Massey Institute of Food Science and Technology ran a one day professional development course for food technology and science teachers who are supervising students doing the 2018 NZIFST/CREST Student Product Development Challenge. The course was offered in both Auckland and Palmerston North, and was also attended by 11 teachers who are not involved in the 2018 Challenge.

Michael Parker outlined the Product Development Process used by the food processing industry. Janet Weber guided the teachers through a discussion of the FSANZ regulations for nutritional and health claims, showed them how to use the nutrition information panel calculator, how to write nutrition information panels and how to interpret them. She explained how the Health Star rating system works, and demonstrated how to use it. The session concluded with information on writing ingredient listings, characterising ingredients, declaring allergens and regulations for specific foods, like dairy products.

Steve Glasgow ran a session introducing the teachers to some of the functional food ingredients their students might be using in their product development – emulsifiers, thickeners and stabilisers. This was followed by a practical session in the laboratory, where the teachers got to investigate how different starches – raw and modified – reacted to the addition of cold and hot water, heating and their freeze/thaw stability.



Steve had also prepared samples of other hydrocolloids using the Massey MUFTi kits, to introduce the teachers to the use of alginate, carrageenan and pectin as thickeners and stabilisers. Heather McClean had a special offer for the teachers who attended the course, and all 2018 Challenge teachers - the MUFTi kits at a discount price, for a limited time.



In the final session, Steve Flint discussed the physical and chemical methods commonly used to produce safe food, and how they could use these in the classroom to ensure the products their students are developing are safe to eat.

Our thanks to Michael, Janet, Steve G, Steve F, Sung Je Lee, Heather and their colleagues in Auckland and Palmerston North, for their contribution to this course, and to Massey University for continuing to offer this professional development for teachers; this is the 10<sup>th</sup> year they have run it. The teachers tell us this is the only professional development in food science and technology available to them, and several were back for the third time, or more.

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