

Master Baker

WHOLEGRAIN BAKING COMPETITION

Authors: Hui Wern Khaw (BSc), Ya Hui Lew (RN), Teik Kee Ng (BSc, MBBS, MHSc)

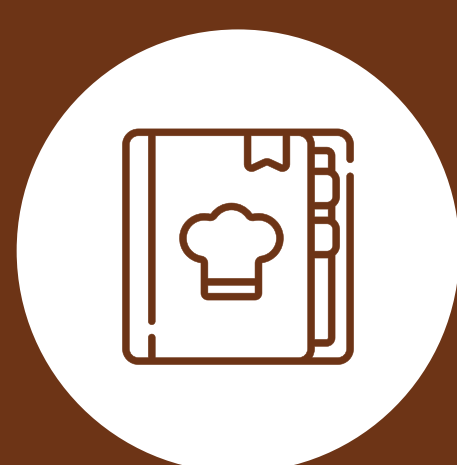


BACKGROUND

The demand for healthy foods grows as people start leading a healthy lifestyle. Adventist bakery is dedicated to providing natural and wholesome products to cater the needs of our customers. Ironclad evidence shows whole grains are associated with lower risks of non-communicable diseases. In view of this, our bakery has its role in promoting health to customers by introducing more wholegrain product.

METHOD

"Master Baker" competition offers a platform for staff to show their creativeness by incorporating whole grain into regular bakery recipe.



Step 1

Contestants need to create & submit their recipes



Step 2

Contestants need to bake & submit wholegrain products



Step 3

Nutritionists & bakers do evaluation based on the ingredient selection, sensory, creativity & product specialty



Step 4

Record the sales results of the products



Loyalty card

also motivated other staff to consistently purchase Master Baker products.

RESULT

There were 13 submissions of recipes for competition ranging from **bread, cake, muffin, cookies to bar**. Winners were decided based on the marks achieved from the evaluation and total sale record. The top 3 winners were cranberries oatmeal cheesecake, granola bar and charcoal whole meal bread.



Our healthy **"Cotton cheese cake"** is given a new twist by having fibrous rolled oats, nutty almond flakes & bright red cranberries toppings giving it a unique flavour.

RM5.00

**Aunt Shzu Lin
Cotton Cheese Cake**



What do you get when you combine rolled oats, seeds, nuts, dried fruits, chocolate chips & honey? They become an energy - boosting **Granola Bar**! This nutty & fragrant bar will keep you full & energized for hours!

RM5.00

**On-The-Go
Granola Bar**



Don't judge me by color! I'm charcoal bread with such a unique black, sprinkled with oat. I'm light and fluffy and will surprise you with little sweetness from raisin.

RM5.00

What is so good about me?
Ingredients: Wholemeal flour, bread flour, brown sugar, charcoal powder, oat bran, roasted rolled oat, raisin

**Charcoal
Wholemeal Bread**

A short survey was conducted after the competition:

- 59.2% of staff rated this competition as "Good" program.
- 40.3% would like our bakery to adopt the shortlisted recipes in future.

CONCLUSION

This whole grain baking competition won a modest response from our staff, but it was our expectation. Contestants have had the chance to explore various types of whole grains. This prompted them to modify regular recipe into much healthier version by adding in whole grain.

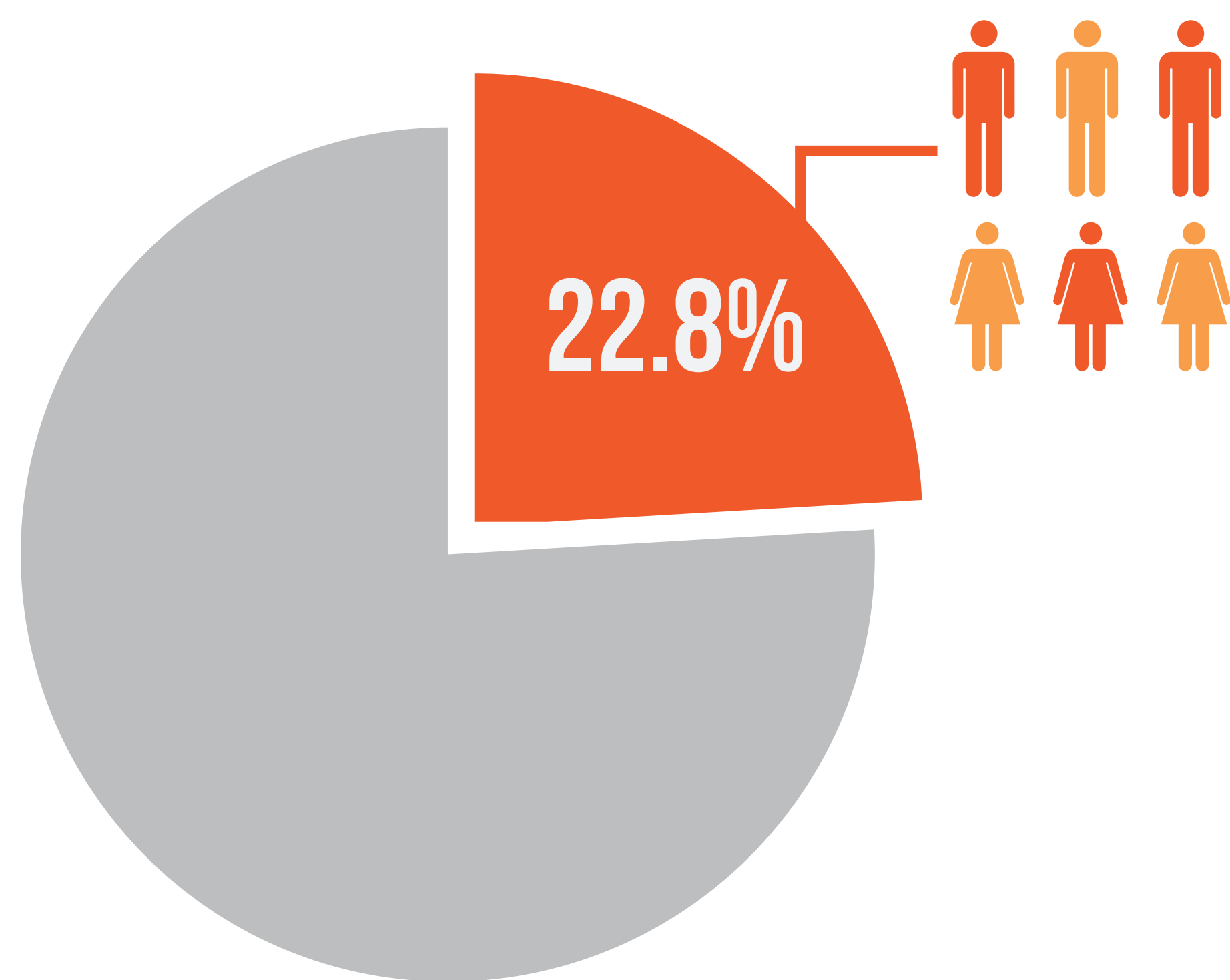
**WHOLE SOME
WHOLE GRAIN**

WORLD NO TOBACCO DAY

Authors: Hui Wern Khaw (BSc), Ya Hui Lew (RN), Teik Kee Ng (BSc, MBBS, MHSc)

OBJECTIVES

Prevalence of smokers is **22.8%**, where a **third of them are adolescents aged 13-15 years old**. The popularity of electronic cigarettes also rise sharply from 0.7% (2011) to 10% (2015). This project was aimed to advocate smoke free environment in secondary schools by increasing the awareness and knowledge on the adverse effects of smoking and vaping among the adolescents.

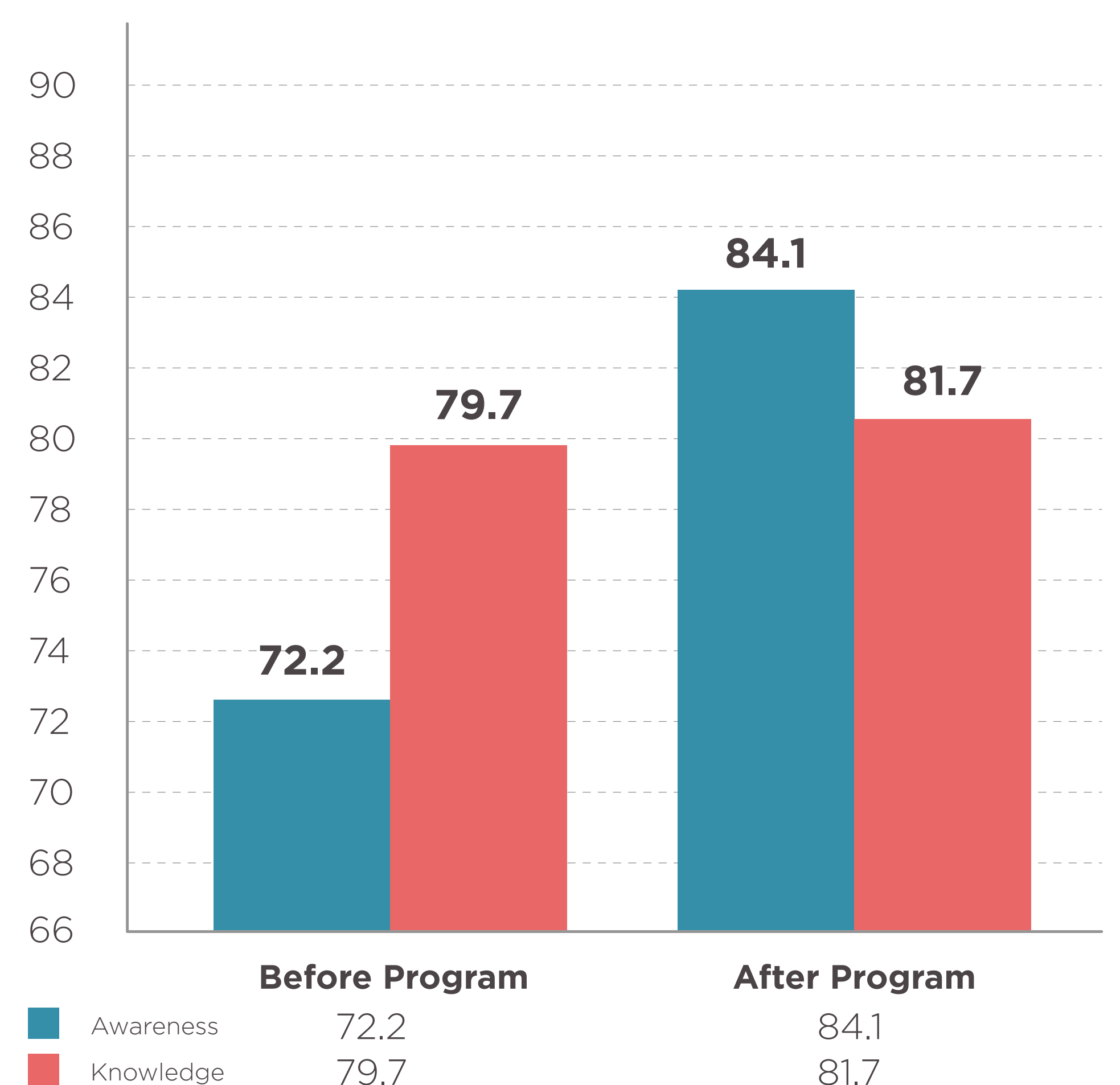


RESULTS

In total, there were approximately 1400 students aged 13-15 benefited from this project. This two-way interactive teaching and learning approach have drawn the attention and active participation from the students.

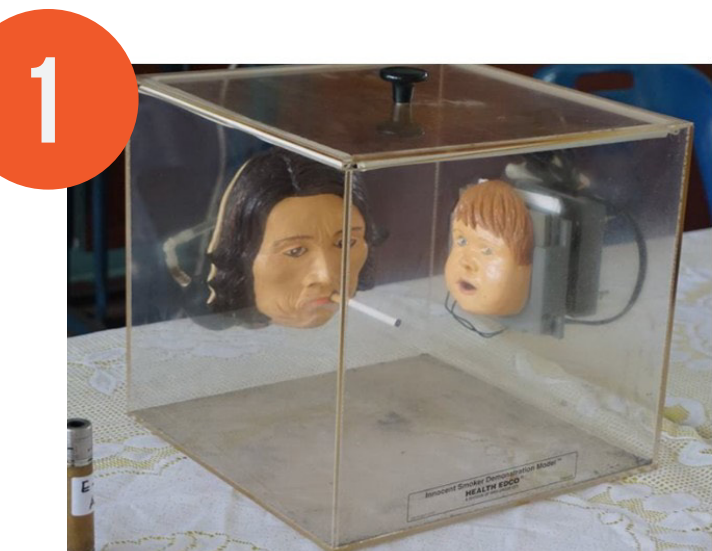
Based on the findings of pre- and post questionnaires, students' awareness and knowledge have increased by 11.9% (from 72.2% to 84.1%) and 2.0% (from 79.7% to 81.7%) respectively.

Student's awareness & knowledge about Tobacco Use



METHODS

We conducted World No Tobacco Day project at six different high schools throughout the month of May.



Demonstration on how a burning cigarette turned the white litmus paper into brown which resembled our lungs.



Display of cancer-affected lung specimen



Posters exhibition



Health talk by Public Health doctor, Q&A session



Pre- and post survey were conducted to evaluate the project's impact.

CONCLUSION

This project has brought students a good insight into effects of smoking and vaping. Imparting knowledge by interactive approach through visual and auditory successfully brought positive outcome among the students.

This reflected the effectiveness of our campaign.