

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

---

*In March, the Massey University School of Food and Nutrition ran a one day professional development course for food technology and science teachers who are supervising students doing the 2017 NZIFST/CREST Student Product Development Challenge.*

*By Jenny Dee*

The course was also attended by teachers who are not involved in the 2017 Challenge, who wanted to learn more about food science and technology. Some of those teachers intend to enter the Challenge next year. The course was offered in both Auckland and Palmerston North.

Wannita Jirangrat started the session by introducing the teachers to the Product Development Process used by the food industry. Then Janet Weber (photo below) guided them through the FSANZ regulations for nutritional and health claims. She used examples of products currently on the market to explain the nuances of the different nutritional/health claims you can make, 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, and declaring allergens.

Steve Glasgow, who was involved in the development of the Massey MUFTi resources for science and technology teachers, 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, and heating. They were fascinated!

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 Wannita, Janet, Steve G, Steve F, Sung Je Lee, Kenneth Teh 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 9th 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 second time.

Jenny Dee FNZIFST  
Careers Coordinator