

Malaysian Food Heritage Summer Programme

by Faculty of Food Technology and Science

www.food.upm.edu.my

PROGRAMME MONTH: JUNE

There is only one place where all the colours, flavours, sounds and sights of Asia blend so beautifully – Malaysia. Malaysia is uniquely comprised of Asia's three major ethnic groups, Malay, Chinese and Indian. Populated by these different ethnic groups, Malaysia offers a diverse and unique historical, cultural and traditional heritage experience; an experience which includes alluring architecture, captivating craftsmanship and delectable delicacies. Tailored to fascinate international participants on the distinctiveness of Malaysian culture, the programme also aims to keep students enthralled at the reasons why Malaysia is called a *Food Paradise*.

Programme Objectives

- ✓ To promote the diverse and multi-racial Malaysian Food culture and traditional heritage to international participants – *Intellectual discourse*.
- ✓ To expose international participants to the know-how of Malaysian cultural food preparation – *Culinary demonstrations, visit to herb garden, food preparation by participants, traditional food tasting*.
- ✓ To allow international student participants to experience and appreciate the cultural heritage and history of Malaysia- *Visits to major tourist spots around Putrajaya (Malaysia's administrative seat), Melaka (UNESCO World Heritage Site), and Negeri Sembilan (Seri Menanti Palace)*.

Day 1 ➤ Program Introduction
➤ Icebreaking 

Day 2 ➤ Introduction to Malaysian Food Heritage
➤ Culinary Lab

Day 3 ➤ Malaysian Herbs and Spices
➤ Visit to UPM's Herbs Garden

Day 4 ➤ Malaysian Traditional Dessert
➤ Culinary Lab

Day 5 ➤ Malaysian Noodle Workshop
➤ Processing Lab

Day 6 ➤ Depart to UNESCO World Heritage Site
➤ Traditional Cooking Demonstration

Day 7 ➤ Visit to UNESCO World Heritage city
➤ Melaka

Day 8 ➤ Discovering Negeri Sembilan
➤ (Cultural, Delicacies, Craft)

Day 9 ➤ Sightseeing around Putrajaya

Day 10 ➤ Food Hygiene & Sanitation
➤ Culinary Lab (BBQ Preparation)

Day 11 ➤ Malaysian BBQ Night

Day 12 ➤ Sightseeing around Kuala Lumpur

Day 13 ➤ Program Wrap-up
➤ Gala Dinner

Day 14 ➤ Farewell and departure



Programme Inclusive of



For details please contact:

Dr. Muhammad Shahrin Ab Karim

shahrin@upm.edu.my

+603-9769 8409

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