



# FOOD SCIENCE & NUTRITION

## BACHELOR'S PROGRAM

*Improving the Quality of Life*



## OVERVIEW

The Food Science and Nutrition study program aims to meet the increasing demand for nutritious foods to improve health and well-being. Students study using a robust curriculum which consists of the essential aspects of the science of food and nutrition, both in class and during laboratory practical sessions. Students also have a lot of opportunities to explore their research interests through various science competitions. i3L's broad network of food industries, universities, and research institutions across the globe will assure that students have suitable internship and thesis placements. Graduates with solid knowledge and skills on food science and nutrition are highly-valuable and are highly sought after by the food industry focusing on healthy functions of food and wellness.

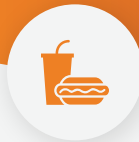
## Why Food Science and Nutrition at i3L?

### Outside the Box



We stimulate curiosity, self-exploration, critical thinking, and independent learning capabilities to learn food and nutrition by involving basic and applied sciences from various disciplines.

### Food for the People



We explore food functions in relation to nutrition, health, wellness, culture, and the ever evolving human lifestyles.

### Cosmopolite



We are connected to various local and global institutions to prepare graduates to fulfill the demands of the always-growing industries.



# STUDY PROGRAM AT A GLANCE

## ■ What is Food Science and Nutrition?

Food Science and Nutrition is the discipline in which the engineering, biology, and physical sciences are used to study the nature of foods, the causes of deterioration, the principles of underlying food processing, and the improvement of foods for the consuming public.

## ■ Textbooks for major subjects are provided



## ■ Internship

# 100%

of our students have secured their internship placements at overseas (Japan, USA, Malaysia, Singapore, Thailand etc) and local/international companies/research institutes



## ■ Faculty Body



- Japan
- The Netherlands
- Belgium
- United Kingdom
- Indonesia
- Thailand

## ■ Partners





## Food Science & Nutrition

### Facilities



Cell Culture Laboratory



Food Microbiology Laboratory



Nutrition Laboratory



Sensory Laboratory



Advanced Food Analysis Laboratory



Basic Food Analysis Laboratory

### Publications

- The Effect of Premix Concentration, Pre-baking Temperature, Baking Process, and Storage Temperature on Micronutrient Stability, Physicochemical and Sensorial Properties, Proximate Content, and Shelf-life of Fortified Cookies
- Development of Oyster Mushroom-Brown Rice Puff Intended for Type 2 Diabetes Mellitus (T2DM) Patients
- Nutrient Profiling of Commercial Instant Baby Food Products in the Indonesian Market and Development of Instant Dairy-Free Complementary Food
- Lexicon Development and Consumer Acceptance Analysis of Soy-beverage Products in Indonesian Market
- Development and validation of soy semi-food frequency questionnaire (SQ-FFQ) for Indonesian
- Knowledge, attitude, and practice of young people about Isi Piringku
- Nutrient Profile Determination of Soy-based Snack Bars against Perceived Healthy Snack Bars in Indonesia

#### NUTRITION INFORMATION

Servings per package: 8

Serving size: 33g

	Per serving	Per 100g
<b>Energy</b>	550kJ	1680kJ
<b>Protein</b>	2.4g	7.2g
<b>Fat</b>		
Total	3.6g	11.0g
Protein	1.3g	4.1g
<b>Carbohydrate</b>		
Total	21.5g	55.1g
Sugar	10.1g	30.7g
<b>Dietary Fibre</b>	1.7g	5.1g
<b>Sodium</b>	20mg	70mg

This tells you number of servings per package

This tells you the weight per serving

This tells you the nutrition value for every 100g, the best way to compare similar products.

This tells you the nutrition value per serving/for every 33g.





Food Science & Nutrition

# INTERNATIONAL PROGRAM

FOSTERING SKILLS & CONFIDENCE FOR SUCCESSFUL GLOBAL CAREERS

## MASTER PATHWAY

### Queen's Master's Program

4-YEAR STUDY

*i3L School of Life Sciences*



1-YEAR STUDY

*Queen's University Belfast*



QUEEN'S  
UNIVERSITY  
BELFAST



### UniLaSalle Master's Program

4-YEAR STUDY

*i3L School of Life Sciences*



1.5-YEAR STUDY +  
6 MONTHS OF INTERNSHIP & THESIS  
*UniLaSalle University*

UniLaSalle  
Terre & Sciences



### Boston Uni Master's Program

4-YEAR STUDY

*i3L School of Life Sciences*



1-YEAR STUDY

*Boston University*

BOSTON  
UNIVERSITY





Food Science & Nutrition

## INTERNATIONAL MOBILITY (IISMA AWARDEES)



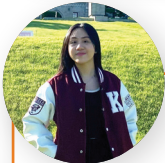
**Payal Shalini Punjabi**  
Cohort 2019  
University of Melbourne, Australia



**Putri Faiqadini Baihaqi**  
Cohort 2019  
Chulalongkorn University, Thailand



**Aqeela Syakira Sugarda**  
Cohort 2020  
University of Leeds, UK



**Arielle Praise Rachman**  
Cohort 2020  
Korea University, Korea



**Shane Vienna**  
Cohort 2021  
Universiti Malaya, Malaysia



**Vanessa Ellivia**  
Cohort 2020  
University of Padua (Università degli Studi di Padova), Italy



**Graciella Virginia Irwantono**  
Cohort 2020  
The University of Queensland, Australia



**Anjali Kothari**  
Cohort 2020  
Korea University, South Korea



**Anganjani Samaraswasdee Arya**  
Cohort 2020  
University of Padua (Università degli Studi di Padova), Italy



The Indonesian International Student Mobility Awards [IISMA] is a scholarship scheme by the Government of the Republic of Indonesia to fund Indonesian students for mobility programs at leading universities abroad. Undergraduate students can spend a semester at an overseas university to study, experience the host country's culture, and undertake practical assignments to improve their skills.



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## INTERNSHIP AND THESIS PLACEMENTS



**Salsabila Khairunnisa**  
Internship at **Ehime University, Japan**



**Kenn Rafael H. & Daniel Christopher A.**  
Internship at **Mahidol University, Thailand**



**Izzadini Farhani**  
Internship at **UCSI University, Malaysia**



**Gabriel Lysette, Fammela Sebastian and Natasha Clementina**  
Internship at **PT. Garudafood**



**Lee Ga Young**  
Internship at **University of Kentucky USA**



**Fellinda Mannuela**  
Internship at **PT. Cau Chocolates International, Bali**



**Sabrina E, Corinthia A. and Putri F. B**  
Thesis at **Chulalongkorn University, Thailand**



**Payal Shalini Punjabi**  
Thesis at **Universiti Putra Malaysia**



**Kevin Nathanael**  
Thesis at **National Pingtung University of Science and Technology, Taiwan**

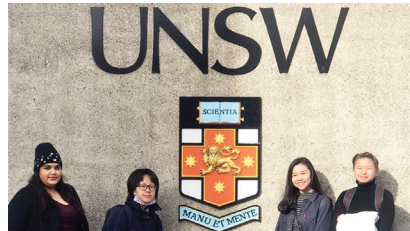


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## ACHIEVEMENTS



Three of our students were awarded the Erasmus+ grant to study at UnilaSalle, France, for a student exchange program.



One of the four i3L students from the Food Science & Nutrition faculty went for a student exchange program at UNSW, Australia.



Seven of our students won silver at Asian Student Venture 2021 held by Korea Economic Daily



Our students won 1st place at CHEF X REKAMETRI: Business Plan Competition 2020, held by Parahyangan University



Our students won 1st place at Food Science Student Conference (FOSTER) 2020, held by UNIKA Soegijapranata

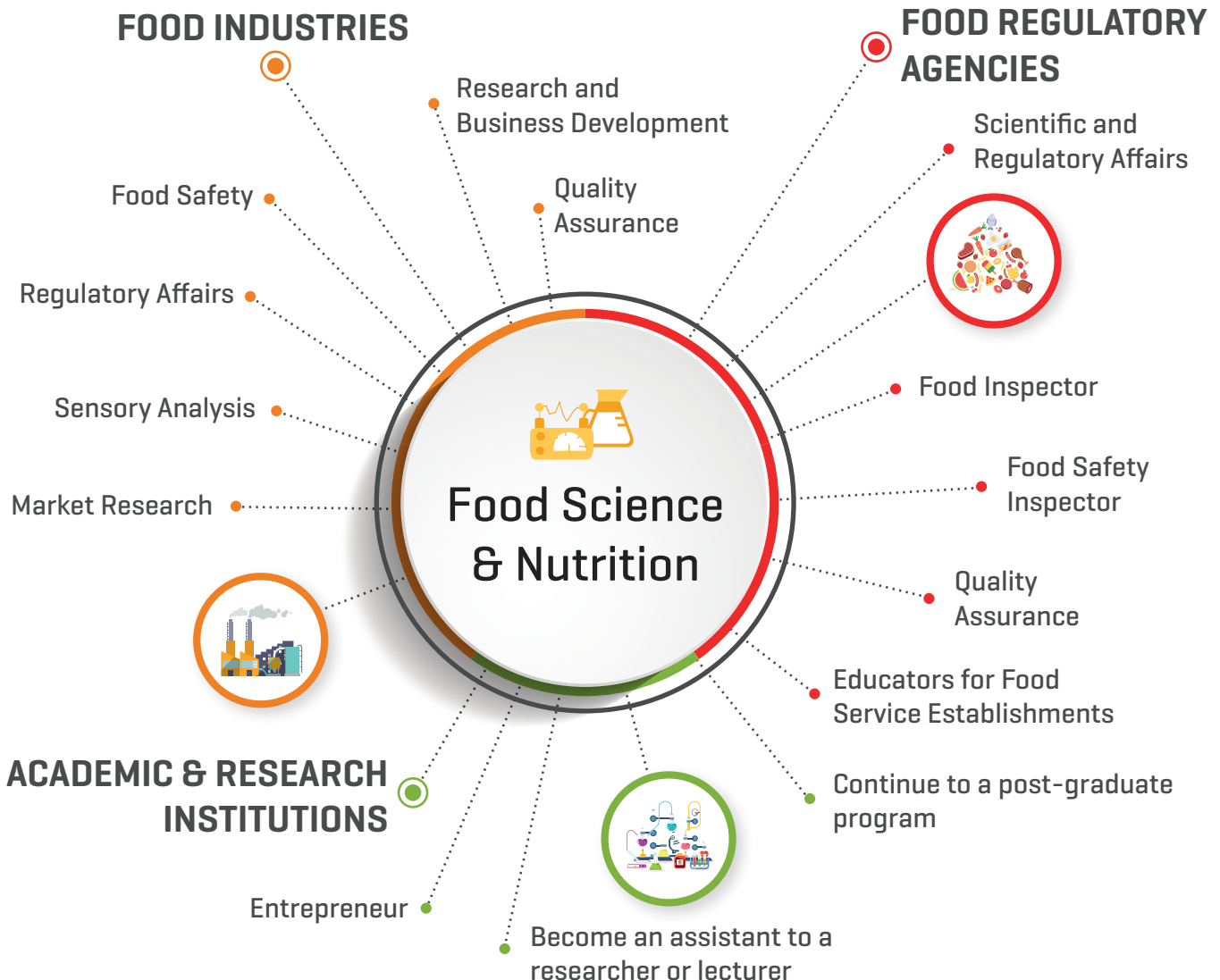


Our student won 1st place at Food and Nutrition Festival 2023, held by USAHID



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## POTENTIAL CAREER PATHS





## Food Science & Nutrition

# TESTIMONIALS



**Reyvan Vallian Sumarsono**

*Alumnus of Food Science and Nutrition 2018*

*Health & Wellness Promotion at Amerta Indah Otsuka*



Studying in i3L made me learn a lot of useful knowledge and new things. Other than academics, i3L gave me the chance to interact with amazing lecturers and friends. They provide established facilities, further developing my interests and hobbies through various clubs and communities. Truly a memorable experience from i3L!



**Hans Wiranegara**

*Alumnus of Food Science & Nutrition 2015*

*Research & Development at Heinz ABC Indonesia*



Personally, networking is essential for our personal and professional growth. Not only do the lecturers come with various experiences, academia, and industry, but i3L offers opportunities I have completed such as internships. Interacting with experts in the industry and learning from them, I am thankful to be part of i3L.



**Fammela Sebastian**

*Alumna of Food Science and Nutrition 2018*

*Marketing at Wings Surya*



In i3L, I learnt a lot about food from their origins and their reactions. Offering plenty of opportunities, I was able to have an internship at Garuda Food as a Quality Control. Soft skills such as creativity, public speaking, and teamwork are often practiced at i3L through their activities. The community is very fun and supportive.



**Jeslin**

*Alumna of Food Science & Nutrition 2018*

*Brand Executive at PT ABC KOGEN DAIRY*



A Food Science & Nutrition graduate as a Brand Executive? Why study in i3L? They morphed my mindset in the most scientific way possible; sharpening my problem-solving, analytical, and social skills, and durability in conquering tight deadlines. i3L offers the best lab experience nationwide while bridging your best journey abroad. Utilize your time well and you will achieve your best future career path with i3L.





## TESTIMONIALS



**Gabriela Lysette R.**

*Alumna of Food Science and Nutrition 2018*

*Health & Wellness Promotion Executive at PT Amerta Indah Otsuka*



i3L had accommodated my interest in science and lab work due to its laboratory. They provided both academic studies and multiple opportunities for personal development, gaining knowledge and experiences in life. Developing my critical thinking, self-confidence, and networking had lead me to where I am now. With a great community supporting my university life, I am grateful to be part of i3L.



**Salsabila Khairunnisa**

*Alumna of Food Science & Nutrition 2016*

*Master's Program at Ehim University, Laboratory of Health & Nutrition*



My time in i3L allowed me to work under the guidance of seasoned faculty members, developing both soft and technical skills. Their lab sessions have given me hands-on experience, utilized in academic and industrial settings. My expansive network are provided through overseas internship placements and guest lectures from leaders in various fields. A truly memorable experience that has opened my eyes to an exciting career in science.



**Merry Lianita**

*Alumna of Food Science and Nutrition 2017*

*LPDP Scholar | MSc in Nutrition & Food Systems at Ghent University*



Providing a high-quality learning environment, i3L enables students be a better version of themselves in both academia and social. I'm in debt to the given support during my study in i3L; well-maintained facilities, resourceful faculties, international experiences and more. These factors have assisted me to capture life-changing opportunities, from working in a remote area (East Bali) to being awarded a LPDP scholarship. i3L truly made me reach my greatest potential.



**Rosalind Vivia**

*Alumna of Food Science & Nutrition 2015*

*M.Sc. Nutrition and Health at Wageningen University*



i3L was my starting point to grow my interest in Food Science & Nutrition. They offered numerous opportunities, exceptional laboratories and facilities, and qualified faculty who are passionate in their field. i3L had developed a proficient competence that supports both career path and higher education. Thank you for the journey, i3L!



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