

A Taste of Wellness:

UiTM & KPJ Collaborate to Celebrate Fermented Foods

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On 18th May 2025, the Faculty of Pharmacy, Universiti Teknologi MARA (UiTM) Cawangan Pulau Pinang, Kampus Bertam, in collaboration with KPJ Healthcare College, Penang, successfully organized a joint educational event titled FermentFest: The Probiotic Playground. Spearheaded by the student council, the Society of Pharmacy Students (SOPHYS) UiTM Caw Pulau Pinang (Bertam Campus), the program aimed to raise awareness and deepen students' understanding of the benefits of fermented foods on gut health and overall well-being.

Themed around "Fermented Foods and Their Benefits," the event attracted enthusiastic participation from both institutions. FermentFest featured a dynamic array of engaging activities such as knowledge-sharing sessions, a pop quiz, and a mini-exhibition showcasing a variety of fermented foods and beverages. Highlights included kombucha tea, fermented tapioca leaves (jeruk daun ubi), kefir milk, and kimchi. Each exhibit was supported with an informative content detailing the health benefits, preparation techniques, and cultural importance of these functional foods.

An interactive educational workshop of kombucha tea was also conducted, offering participants a hands-on experience of the fermentation process. This immersive approach allowed students to gain practical insights while promoting a deeper appreciation for healthy food practices.

FermentFest proved to be an enlightening experience for all involved. The commendable effort by SOPHYS played a pivotal role in the event's success. Beyond its immediate impact, the event served as a platform to promote health literacy and foster a greater understanding of nutrition among students. It is hoped that similar initiatives will continue to be held in the future, further encouraging the appreciation of fermented foods and contributing to the cultivation of a healthier community.