1. **Apples**  
This fruit is full of quercetin, a flavonoid that is known to protect against all types of allergic reactions.

2. **Turmeric**  
It contains an active ingredient curcumin. Curcumin is a powerful antioxidant and also an anti-inflammatory compound which helps in fighting against allergies.

3. **Garlic**  
It has the ability to inhibit the activity of some enzymes that generate inflammatory compounds in the body and it can help to prevent allergic reactions.

4. **Lemons**  
Lemons are full of vitamin C and have a lot of antioxidants. They help to keep your body alkaline.

5. **Salmon**  
Salmon is a cold water fish that is full of omega-3 fatty acids, EPA and DHA . The fatty acids are good fighters against inflammation and it also helps against allergies.

6. **Green Tea**  
A research at Kyushu University found that a compound in green tea known as methylated epigallocatechin gallate (EGCG) which can block a receptor that is involved in the production of an allergy response.

7. **Sweet Potatoes**  
This super food has a very high concentration of beta carotene and is also rich in manganese, potassium and vitamin B.

8. **Ginger**  
Ginger is full of antioxidants and anti-inflammatory properties. It works even better than some anti-histamine drugs in stopping inflammation.

9. **Collard Greens**  
Collard greens are full of phytochemicals called carotenoids that are known best for easing allergic reactions. Also collard greens are rich in vitamin C.

10. **Flax seeds**  
Flax seeds are high in omega 3 fatty acids and selenium that have been proven effective against allergic reactions. Also the selenium in the flax seed helps in increasing the action of anti-oxidants.

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**Written by:** Siti Nor Fadillah, Siti Nurhanifah & Gopala

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**Coretan Hati Anak Gaza**

Engkau tahu ?  
Aku disini tidur berbantalkan bongkah kayu dan batu  
Berselimutkan cebisan cebisan mayat  
Bermandikan darah merah  
Berbumbungkan bangunan bangunan runtuh  
Ditemani bunyi tembakan dan ledakan bom  
Tidakkah engkau kasihan ?

Jika YA  
Mengapa engkau menyokong zionis?  
mengapa engkau membantu mereka membeli peluru, membeli senjata untuk memburu ku ?  
untuk manghancurkan tempat aku berteduh  
Mengapa tegar hati engkau melihat kanak kanak ditembak tepat dikepala  
Wanita wanita dirigol dan dibunuh  
Lelaki dibom hidup hidup  
Tidakkah engkau kasihan ?

Tetapi tidak mengapa..  
Aku pasrah, Aku redha dengan ujian yang Allah berikan  
Kerana aku salah seorang insan yang dipilih olehNya  
Dipilih untuk mati syahid !

By : Nurul Huda & Nadhirah Razali
Discussion in this article was inspired by a casual conversation between my Malaysian friend and me. Last week I was asking my friend ‘hey what did you eat for lunch?’ He said ‘Just a simple menu...white rice with ‘sambal sosej’ (meat sausage stir fried with red dried chilli paste)...’I’m not feeling to go out for shopping, so I cook whatever in the freezer’. At first, I thought that was really funny yet interesting. In reality, that is what we considered as a ‘dish’ to fill our stomach and live our life. It reminds me of eating spaghetti served with satay sauce, sour cream and chopped parsley about a month ago. Back in the early 1990s, when I was a little boy, my mother (an Indian Muslim woman) cooked stir fried sardine in tomato sauce with sliced red chilies and ginger. We ate the dish with ‘roti putih’ (pullman loaf) and ‘chapati’ (Indian flat bread). These are amongst the most unforgettable dining memories that I ever had in my life. Perhaps I should not refer to these as memories but rather as ‘food experiences’. ‘Fusion cuisine’? That was what came through my thoughts. This is a very interesting topic for discussion.

For the culinarian, fusion cuisine is understood or is defined as combining various elements (i.e. ingredients and cooking methods) or culinary traditions of more than one nation that blends together to create innovative and interesting dishes. However, in many situations, this has led to ‘confusion’ resulting from creativity and innovative attitudes towards particular dishes. The problem becomes worse when so many chefs are trying to combine ingredients, techniques and naming dishes in the most complex ways. This just for the sake of glamour and trendiness. I think, most probably, that those chefs have a ‘multicultural’ identity with complex tastes and they are trying to drag people into their imaginative foodies’ world. On the other hand, some people believe that modifying what has been created by and inherited from generation to generation is considered disrespectful. This has also caused long debates and criticism among the academicians.

Following this, the definition was revised to ‘the combination of different things by/or as if by melting, blending or forming a coalition’. Obviously this could be something that is not the same as the concept of novelty and regional cuisine which are more absolute and have well-defined characteristics. It appears that the fusion cuisine has an unspecified personality that can possibly emerge at any time either within or between these two cuisines. To me, it is like a bartender mixing pineapple juice with coconut cream and soda water to make ‘virgin pina colada’. But no one ever argues that this is a so called ‘fusion’ beverage drink. People tend to conclude that when the taste is good, it means the chefs are talented, regardless of how the food was prepared in the kitchen.

The concept of melting, blending and collating different things has also captured my attention causing me to think about the goodness of the food that is classified as fusion cuisine. Malaysia’s Malays believe when a male and female who came from two different cultural backgrounds get married, their chances of producing smart children is higher. This is not to question those who come from the same or similar ethnic backgrounds. Holding to this point, it makes me think that fusion cuisine certainly has enhanced properties.

Drawing from the aforementioned arguments, there is a real need to critically understand the fusion cuisine, especially from historical, cultural and nutritional perspectives. By having this knowledge, perhaps, it could give us a better understanding of the concept. It is impossible to stop human creativity, however, a little respect towards the creation of local cuisine is meaningful. Even it permits us to show our appreciation of the local cuisine identity and be proud of what we inherited from one generation to another.

In addition, for the tourism industry of many countries in this world, local cuisine has been used as one of tourism ambassadors to represent and speak on behalf of the nations and/or ethnic groups. This is not to go against the notion that food is only for the purpose of satisfying the hunger. The enjoyment of food or more appropriately local cuisine its ability to create a remarkable experience and reflect the specific eating and cooking practices of a specific geographic area. It also acts as the pull and push factors for people to travel just to taste the food which they can never find or prepare by themselves. Therefore, this article urges people to think on ‘what we eat, what we are’, and put a nice thought on what has been discussed in this article before the values and identity of local cuisine disappear totally from our tastebuds.