



# COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES

Success  
Story

## Meet Lauren Tamamoto Food Scientist/Research Chef



### 4-H Experience

Lauren Hong took her first class at the University of Hawaii Mānoa as a 9 year old member of the 4-H Teddy Bears Club at the Salt Lake Rec Center on O'ahu. She was involved in several 4-H projects but Foods and Nutrition was always where her passion lay. She says she went into the culinary field because of her family and 4-H. She recounts that they gave her knives to chop with and it was fun!

### Skills and Knowledge Gained in 4-H

From a young age Lauren was interested in the science of the food we eat. She eventually enrolled at UH in the Human Nutrition department of CTAHR to learn more. She says course work in Foods and Nutrition was easier because of her 4-H experience.

### From 4-H into the World

Today as a food scientist and research chef at Kapi'olani Community College she runs the Culinary Innovation Center and teaches subjects such as:

- Sanitation and food safety
- Nutritional Cuisines
- Food science and modernist cuisine
- Food and product innovation thru packaging

Lauren also works with CTAHR and the Ag industry to develop innovative food products, marketing plans for those products, and strategies to scale sales in viable markets.



Lauren Hong (Taomoto) as a member of the Teddy Bears 4-H club on O'ahu