

CURRICULUM VITAE

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Academic Qualifications

- Master of Science in Nutrition, College of Pharmacy and Nutrition, University of Saskatchewan, Canada (November 2019).
Thesis: “Macro and Micronutrient Content of Foods Served to 3-5-year-old Children Before and After Pulse Intervention, and Factors Influencing the Sustainability of Pulse-based Foods in Saskatoon Childcare Centres”
- Bachelor of Science in Food Science, Department of Food Science and Technology, University of Tripoli, Libya (July 2011).
Thesis: “The Use of Glucose Oxidase Enzyme in Improving the Quality of Some Baking Products”

Achievements / Certifications

- English For Academic Purposes. University of Saskatchewan, Canada, June 2, 2020.
- Philosophy and Practice of University Teaching (GPS 989). Two terms course authorized by Gwenna Moos Centre, Saskatchewan University, Canada (September 2017 - April 2018). This course focuses on the best practices of university teaching, including using effective instructional approaches given particular outcomes, contexts and learners. Developing lessons plans. Creating a successful classroom environment. Asking and answering questions.
- Food Safe Level 1. Saskatchewan University, Canada, January 18, 2018.
- Introduction to Systematic Review and Meta-Analysis. An online course authorized by Johns Hopkins University, United States, December 22, 2017. <https://www.coursera.org/account/accomplishments/verify/YJX8QDRK977T>
- Ethical Conduct for Research Involving Humans Course on Research Ethics. Saskatchewan University, Canada, December 7, 2017.
- Social Sciences Research Laboratories SSRL. Saskatchewan University, Canada, May 12, 2017.
- Safety Orientation for Supervisors. Safety Resources, University of Saskatchewan, Canada, June 21, 2016.
- Laboratory Safety. Safety Resources. University of Saskatchewan, Canada, August 24, 2015.

- University Preparation 2 High Advanced. Intensive English for Academic Purposes Program (200 hours). University of Saskatchewan, Canada, June 5, 2015.

Professional Development

- TA Success Series. University of Saskatchewan, Canada, September 20, 2017. The sessions focused on developing specific skills and knowledge relevant to working as a Teaching Assistant.
- Six Days of Success with Master. Presented by Nooredeen Tayari. Master Global Center Training & Leadership Development. Tripoli, Libya, May 2-8, 2012. Topics covered by the program included:
 - Teamwork
 - Plan Your Life
 - Time Management
 - Communication Skills
 - Technology in Modern Libya
 - The Secrets of Success and Change
 - Building Trust and the Art of Dialogue
 - Self-building and its Relationship to State Building
- Problem Solving and Decision Making. Presented by Tarek Debeeb. AAMAL for Training & Development Co. Tripoli, Libya, March 4, 2012.
- Modern Trends in Management. Presented by Tarek Debeeb. AAMAL for Training & Development Co. Tripoli, Libya, February 25, 2012.

Conferences and Events

- Agricultural development in Libya: Challenges and prospects. The Third Conference of Agricultural Economics. Department of Agricultural Economics and Libyan Association for Agricultural Economics, University of Tripoli. Bab Al Bahr Hotel, Tripoli, Libya, November 22-23, 2021.
- One Health Leadership Experience Conference. University of Saskatchewan, Canada, August 24-26, 2018.
- The 2018 GIFS Emerging Technologies for Global Food Security Conference. University of Saskatchewan, Canada, June 19-21, 2018.
- People Around the World (PAW) Global Learning, Mutual Gain Conference. University of Saskatchewan, Canada, February 7, 2018.
- One Health Leadership Experience Conference. University of Saskatchewan, Canada, August 25-27, 2017.
- Life and Health Science Research Expo. University of Saskatchewan, Canada, May 4-5, 2017.

- Value-added Agri-food Opportunities Conference. Presented by the Saskatchewan Section of the Canadian Institute of Food Science and Technology (SK CIFST). University of Saskatchewan, Canada, June 20-21, 2016.

Workshops

- Annual Event for Healthy Hair. Tibuda Hair Clinic. Tripoli, Libya, November 26, 2022. As a speaker
- Bread and Baking from Profession to Industry: Safety and Quality. Ministry of Industry and Minerals. Exhibition and Trade Center, Tripoli, Libya, December 11, 2021.
- Food in Educational Institutions; Safety and Nutritional Value. Department of Food Science and Technology, University of Tripoli. Radisson Blu Al Mahary Hotel, Tripoli, Libya, August 22, 2021.
- Writing a Scholarship Proposal. Presented by Heather McWhinney. University of Saskatchewan, Canada, April 4, 2017.
- Perfect Punctuation. Presented by Heather McWhinney. University of Saskatchewan, Canada, March 27, 2017.
- Writing in Plain Language: How to Be Less Wordy. Presented by Heather McWhinney. University of Saskatchewan, Canada, March 14, 2017.
- Structuring and Writing a Successful Thesis. Presented by Heather McWhinney. University of Saskatchewan, Canada, March 6, 2017.
- Weaving Ideas Together: Flow and Coherence in Writing. Presented by Heather McWhinney. University of Saskatchewan, Canada, February 15, 2017.
- Mini Refresher Courses in Sentence Structure (Series). Presented by Heather McWhinney. University of Saskatchewan, Canada, January 11, 18, 25, February 1, 2017.
- Creating Top Cover Letters and Building Effective Resumes and CVs. University of Saskatchewan, Canada, January 27, 2017.
- Writing a Thesis Proposal. Presented by Heather McWhinney. University of Saskatchewan, Canada, December 7, 2016.
- Writing a Literature Review. Presented by Heather McWhinney. University of Saskatchewan, Canada, December 1, 2016.
- Writing a Well-Argued Paper. Presented by Heather McWhinney. University of Saskatchewan, Canada, November 28, 2016.
- Integrating Evidence from Sources. Presented by Heather McWhinney. University of Saskatchewan, Canada, November 14, 2016.

- Proposal, Thesis or Dissertation Writing Retreat for Graduate Students. Presented by Heather McWhinney. University of Saskatchewan, Canada, November 10, 2016.
- Term Paper Writing Retreat for Graduate Students. Presented by Heather McWhinney. University of Saskatchewan, Canada, November 9, 2016.

Webinar Certifications

- Prebiotics, Probiotics, Synbiotics, Postbiotics: Distinctive Features and Role in Human Health. Authorized by the Canadian Nutrition Society (CNS), Canada, December 1st, 2022.
- Role of the Gut Microbiota in Nutrition and Health. Authorized by the Canadian Nutrition Society (CNS), Canada, November 21, 2022.
- NUQUEST: A Risk of Bias Tool for Nutrition Studies. Authorized by the Canadian Nutrition Society (CNS), Canada, June 20, 2022.
- How to Use Newly Developed Research Tools to Measure Food Choices and Eating Behaviours Based on the 2019 Canada's Food Guide. Authorized by the Canadian Nutrition Society (CNS), Canada, June 6, 2022.
- Dietary Protein in the Management of Sarcopenia: Not Too Much, Not Too Little, but Just Right. Authorized by the Canadian Nutrition Society (CNS), Canada, April 5, 2022.
- Food Literacy: A Competency Progression Framework for Children and Youth. Authorized by the Canadian Nutrition Society (CNS), Canada, January 6, 2022.
- CPPENA Presents: Home (Nutrition) for the Holiday. Authorized by the Canadian Nutrition Society (CNS), Canada, December 15, 2021.
- Sport Nutrition in Action: Challenges and Opportunities in Implementing a Practical Sports Nutrition Course for Varsity Athletes. Authorized by the Canadian Nutrition Society (CNS), Canada, December 9, 2021.
- Nutrition and Oral Health. Authorized by the Canadian Nutrition Society (CNS), Canada, November 23, 2021.
- Nutrition Risk Screening in the Community and the Potential for Naturally Occurring Retirement Communities (NORC) to Mitigate Risk. Authorized by the Canadian Nutrition Society (CNS), Canada, November 16, 2021.
- Microbiota, Probiotics and Inflammatory Bowel Disease: Where are we and where are we going? Authorized by the Canadian Nutrition Society (CNS), Canada, April 16, 2021.
- COVID-19, Nutrition and Lifestyle Factors in the Canadian Population. Authorized by the Canadian Nutrition Society (CNS), Canada, March 17, 2021.

- Improved Efficiency, Safety, Nutrition and Cost: The Case for a Plant-Based Menu in Child Care: A Case Study. Authorized by the Canadian Nutrition Society (CNS), Canada, February 19, 2021.
- Nutrition for Mental Health. Authorized by the Canadian Nutrition Society (CNS), Canada, January 12, 2021.
- Protein Foods Across all Healthy Life Stages. Authorized by the Canadian Nutrition Society (CNS), Canada, December 14, 2020.
- Carbohydrates Under Target: Ketogenic Diet and Type 1 Diabetes. Authorized by the Canadian Nutrition Society (CNS), Canada, November 4, 2020.
- Food Access Impacts of the COVID-19 Pandemic. Authorized by the Canadian Nutrition Society (CNS), Canada, October 21, 2020.
- Should Packed Lunches Be in the Past? Evidence to Inform a National School Food Program. Authorized by the Canadian Nutrition Society (CNS), Canada, September 17, 2020.
- The Use of Indirect Calorimetry for Nutritional Management. Authorized by the Canadian Nutrition Society (CNS), Canada, March 25, 2020.
- Lifespan Brain Development and Cognitive Function: From Human Milk to Healthy Foods. Authorized by the Canadian Nutrition Society (CNS), Canada, January 22, 2020.
- Advances in Infant Nutrition: Probiotics. Authorized by the Canadian Nutrition Society (CNS), Canada, June 20, 2019.
- An Overview of Nutritional Health of New Canadians. Authorized by the Canadian Nutrition Society (CNS), Canada, April 12, 2017.

Work Experience

- Former Faculty Member of Department of Food Science and Technology. University of Tripoli, Libya, Present.
 - Introduction to Food Science and Technology
 - Food Additives
- Nutritionist at Masarra Clinic. Tripoli, Libya, Present (part time).
- A Member of Food Additives Committee. Libyan National Center of Standardization and Metrology. Tripoli, Libya. Present.
- Research Assistant. College of Pharmacy and Nutrition, University of Saskatchewan, Canada (September 2017 - June 2019).
- Attending meetings and collaborating on issues or events that took place on campus. Saskatchewan University, Canada (September 2017 – June 2019).

- Lab Instructor: Food Culture and Human Nutrition (NUTR 310). College of Pharmacy and Nutrition, University of Saskatchewan, Canada (September 2017 - December 2017)
 - Prepare lessons, provide lecture and lead activities assigned
 - Provide instruction to students, answer questions and ensure the data is complete when assigned

- Interviewer, translator, and transcriber. “In-depth interviews with Syrian Refugee Families in Saskatoon”. College of Pharmacy and Nutrition, University of Saskatchewan, Canada (December 2016 - May 2017).
A qualitative Interview study that looked at the impact of socio-economic and cultural factors on household food insecurity of refugees-Canada.

- Research Assistant in collecting data and assessing the pre and post sensory evaluation test under the “Pulse Discovery Tool Kit” a pilot study. College of Pharmacy and Nutrition, University of Saskatchewan, Canada (September 2016 - April 2017).

- Research Assistant "Encapsulate aroma added nanoemulsions in pickering crystal shell for controlled release and delivery". Nanotechnology Lab, Department of Food and Bioproduct Sciences, Collage of Agriculture and Bioresources, Canada (September 2015 - July 2016).

- Research Assistant. Department of Food Science and Technology, University of Tripoli, Libya (October 2012).
During my teaching, I involved in different courses including Food Analysis, Food Microbiology, and Meat, Poultry & eggs Technology. In these courses I have had different responsibilities such as lecturing, lab demonstration, setting up labs, assessing, and marking.

- Employee at The Ministry of Agriculture, Livestock and Marine. Tripoli, Libya (July 2011).

Volunteer Experience

- I volunteered, twice, in “Undergraduate Intercultural Communication Workshop NUTR 310: Food Culture and Human Nutrition” 2nd year dietetics class. College of Pharmacy and Nutrition, University of Saskatchewan, Canada (September 2016, September 2017).

These sessions are incredibly important to ensure that the students who graduate from the Nutrition program are culturally competent.

- I volunteered as an assistant in pulse hand-out samples and free pulse-based diet recipe booklet with healthy, nutritious, and delicious recipes as part of “Back to school with Pulses”. College of Pharmacy and Nutrition, University of Saskatchewan, Canada (September 2016).
This event was a great opportunity for Students and Canadians to learn that pulses are a healthy and sustainable food.

- Social Services:

- I volunteered to provide and package some of the necessary daily items for Syrian Refugees. Global Gathering Place, Saskatoon, Canada (December 2015).
- Coordinated with +5 co-workers to organize a bazaar that took place at The Ministry of Agriculture, Livestock and Marine. Tripoli, Libya (May 2012).

Skills

- Strong interpersonal communication and cultural awareness, developed by working with international students from different backgrounds.
- Strong organization skills and experience with managing a workforce.
- Can work with a team to get a project done, can motivate people.
- Have the ability to solve problems as well as adapt to changes.
- Skilled at Microsoft office, Microsoft Excel, PowerPoint, and EndNote.
- Skilled at Statistical Package for the Social Sciences (SPSS).
- Self-motivated and reliable.
- Active listener.

Languages Known

- Arabic (in different dialects)
- English

Organizations

- Canadian Nutrition Society (CNS).
- Canadian Institute of Food Science and Technology (CIFST).

Awards and Scholarships

- The Ministry of Higher Education and Scientific Research Scholarship, Libya (June 2014).
- First position award. Department of Food Science and Technology, University of Tripoli, Tripoli. Libya (July 2011).

References

Available upon request