

EDUCATION**1- PhD student – UNIBZ****Nov 2025- Present**

- Food Engineering and Biotechnology program
- Sourdough fermentation at Micro4food group

2- MSc. Food Science for Innovation & Authenticity- UNIBZ**Sep 2023- October 2025**

- **Courses:** Reaction kinetics, Food processing, Evaluation of food quality & authenticity, Computer applications, Starter cultures, Cocoa and coffee fermentation, Environmental chemistry

3- PGCert Food Development & Innovation- Tech Universidad Tecnológica**2022**

- **Courses:** Design of Low Sugar and Low-Fat Products, Innovation and New Trends in the Design of Functional Foods and Nutraceuticals, Specific Formulation of Bioactive Compounds

4- Nutrition & Dietetics BS, Lebanese International University- Lebanon**2016-2019****GPA 3.95/4.00****5-IGCSE & AS Levels, Kuwait English School- Kuwait****2006-2016****Graduated with Distinction – British Curriculum****EXPERIENCE****1- Thesis Project, Loacker****March 2024- August 2024**

Under the analytical development department and in collaboration with NOI Tech Park, I work on the multimodal characterisation of wheat flour to do the following:

- Casson Rheology
- Proteomics: Osborne Extraction, SDS-PAGE, ÄKTA Profiling, ELISA
- Total Starch and Damaged Starch Assays
- Managing data collection, statistical analysis, and technical documentation in close collaboration with the Loacker production technologists and product development teams
- Developing skills in experimental design, process-oriented problem solving, and scientific communication through regular reporting and coordination with both academic and industry stakeholders

2- Analytical Development Intern Loacker**August 2024-December 2024**

- Analysed melting temperatures of chocolates and cream fillings using the Differential Scanning Calorimeter (DSC)
- Conducted texture analysis of wafers to set benchmarks
- Collected moisture content data using NIR-Spectroscopy and aided in its calibration
- Performed data and statistical analysis to provide correlations and solutions

3- Food Microbiology Intern, NOI Tech Park**May 2024-July 2024**

- Analysing sourdoughs from all around Europe within the European project HealthFerm and analysing an innovative high-protein fava bean fermented beverage
- Isolating yeast and bacteria strains to assess microbial diversity by serial dilution and isolating techniques
- Use of analytical techniques such as HPLC/MS for sugars and organic acids, Omnilog to assess phenotypic profiles of microbial strains and Toucan spectrophotometer to quantify microbial growth and metabolite production, TTA, pH

4- Head of Quality, Café Najjar-Lebanon**April 2023-September 2023**

- Leading and motivating a team of 3 Quality Controllers
- Develop and revise quality control procedures, work instructions, and documentation for SQMS, FSSC, BRC audits
- Reduced customer complaints by 20%

- Performed sensory analysis with the general and production managers

5- Quality Control & Food Safety Supervisor, Café Najjar-Lebanon

April 2021 –April 2023

- Supervised more than 25 employees and provided regular food safety trainings
- Inspected the quality of all products for outbound (like Dubai) and inbound orders (like McDonald's)
- Developed vegan oatmeal cookies for the factory's production line
- Coordinated with labs for shelf life, microbiological, chemical & food composition tests

6-Administrative Dietitian Intern, Sbeih Virtual Assistance, Lebanon

Jan –Feb 2021

- Generated 60 personalised and cost-efficient meal plans/week according to clients' diet restrictions and preferences
- Devised diverse types of meal plans; standardised, gluten free, dairy free, vegan

7- Biotechnology Research Associate Intern, BioLim -India

Jan -Feb 2021

- Framed a research proposal about replacing foetal bovine serum in cell culture media in cultured meat with serum-free or plant-based media
- Interpreted and analysed research results, then defended my research proposal in a viva
- Wrote 5 articles pertaining to cultured meat; consumer acceptance, nutritional and sensorial aspects, ethical implications of foetal bovine serum and the benefits of cultured meat

8-Quality Control & Food Safety Supervisor Intern, Al Baba Sweets, Lebanon

Dec 2020-Jan 2021

- Ensured the quality and hygiene standards of all finished products before leaving the factory
- Audited all shelf-life tags & expiry dates of all finished and semi-processed products

9- Dietetic Intern, Al Zahraa University Medical Centre, Lebanon

Sep 2019- Feb 2020

Clinical Nutrition Rotation

- Oversaw patients' diets in all of the hospital including ICU, Chemotherapy, Cardiac care units, Surgery departments and Urology

Food Service Rotation

- Established a food safety culture amongst the staff members and conducted internal audits and

Community Project

- Presented my project about how to reduce visceral adipose tissue and how to attain flatter abdominals to a group of enthusiastic and determined individuals.

MANAGEMENT & LEADERSHIP SKILLS

- Student representative of the Course Council and Mensa Committee.
- Participated and won the Student Sprint in 2024 with Mila with our innovative idea to combat the logistical difficulties of delivering fresh milk to Mila's shops and distributors.
- Chosen as a Talent in the UNLEASH SDGs Global Innovation Lab in Mysuru, India where my team and I prototyped a platform to identify, collect data and source raw materials for manufacturing biofuels
- Participant in UNDP's Youth Leadership Programme (YLP) and its incubation programme where my team and I developed sugar-free and high fibre Nutritones apple jam from "unmarketable" apples
- Received then taught specialised training in life skills for children with visual impairments with Empowerment Through Integration (ETI) as a coaching assistant.

PUBLICATIONS & ACCEPTED ABSTRACTS

- Spent coffee grounds: Sensory and texture characteristics, proximate composition, antioxidant activity, and total phenolic content- *ISEKI, Paris*
- The partial replacement of butter with larvae fat in pastries, *Food Technology Congress, UK*
- Sensorial Aspects of Cultured Meat, *The Torch, India*
- The Science of Gluten, *LinkedIn*

ABILITIES AND SKILLS

- Excellent interpersonal and presentation skills, time management, and collaborative problem-solving skills plus working in a multi-cultural environment.

- FSSC, HACCP, ISO 22000:2018, Data Analytics, Ultra-Turrax, Mastersizer 3000, PCR, SHIME
- R program, Oracle JD Edwards EnterpriseOne, G-suite and Microsoft Word, Excel, PowerPoint, Access

CERTIFICATES

- Internal Auditor ISO 22000:2018- *SGS*
- Level 3 HACCP -*Boecker*
- Science and Cooking – *HarvardX*
- The Science of Gastronomy -*HKUST*
- Nutritional Support in Diabetes-*ESPEN*

LANGUAGES

- *English and Arabic*: Native/ Excellent written and spoken
- *Italian*: B1