

## Curriculum Vitae

### A) Personal and contact details

Surname:	Abuqwider
Name:	Jumana
Date and place of birth:	7 <sup>th</sup> January 1991, Jerusalem, Palestine.
ORCID:	<a href="https://orcid.org/0000-0002-4013-5239">https://orcid.org/0000-0002-4013-5239</a>
E-mail address:	<a href="mailto:jqwider@gmail.com">jqwider@gmail.com</a>
Mobile phone number:	+972 597224379
Date of the CV:	5 <sup>th</sup> June 2022

### B) Education/Degrees

Date of awarding of the degree certificate:	7 <sup>th</sup> December 2021
Research discipline:	Effect of daily administration of microencapsulated <i>Limosilactobacillus reuteri</i> DSM 17938 on the intestinal microbiota and metabolic alteration induced by high fat fructose diet in adult rats.
Degree title:	Nutrition and Food Technology.
Name of the educational institution:	An-Najah National University-College of Graduate Studies.
Country:	Palestine.
Major subjects of study:	Nutrition and Food Technology – Master degree
Score:	3.76/4
Supervisor:	Dr. Mohammad Altamimi - <a href="mailto:m.altamimi@najah.edu">m.altamimi@najah.edu</a>

Date of awarding of the degree certificate:	26 July 2021
Research discipline:	Effect of daily administration of microencapsulated <i>Limosilactobacillus reuteri</i> DSM 17938 on the intestinal microbiota and metabolic alteration induced by high fat fructose diet in adult rats.
Degree title:	Food Science and Technology.
Name of the educational institution:	University of Naples Federico II - Dpt. of Agricultural Sciences.
Country:	Italy.
Major subjects of study:	Food Science and Technology-master degree.
Score:	110/110 cum laude.
Supervisor:	Prof. Gianluigi Mauriello - <a href="mailto:giamauri@unina.it">giamauri@unina.it</a>



Date of awarding of the degree certificate:	17 <sup>th</sup> May 2012
Research discipline:	Assessment of the nutritional status of special healthcare needs children in day care of Jerusalem and West Bank.
Degree title:	Nutrition and Dietetics.
Name of the educational institution:	Birzeit University - Dpt. of Nursing and Allied Health Professions.
Country:	Palestine.
Major subjects of study:	Nutrition and Dietetics-Bachelor degree.
Score:	75/100.

### **C) Other Education, qualifications and/or supplementary training**

Dates of completion:	15 <sup>th</sup> July 2008
Name of the certificate:	Secondary School Certificate Exam – Palestine.
Name of the provider of the education:	Al-Iman Secondary School – Jerusalem, Telephone: 0097025836910.
Main subjects of study:	Scientific section.
Score:	84.9/100.

### **D) Current employment**

Start date of employment:	27 <sup>th</sup> December 2017
Job title:	Judicial officer – food inspector.
Employer name, contact details and place of work:	Ministry of National Economy, info@met.gov.ps – Telephone: 0097022977010, Ramallah – Palestine.

As a food inspector, I am responsible for ensuring that the food supply in their jurisdiction is safe and sanitary. I inspect commercial establishments (such as restaurants, grocery stores, factories.) to ensure they're following proper sanitation procedures and handling food properly. A wide range of responsibilities I have to do as a food inspector:

- conducting laboratory analysis of food products to test for contamination or spoilage;
- investigating complaints about food safety violations such as unsanitary conditions, improper storage methods, or spoiled food items;
- performing routine inspections of restaurants, grocery stores, food processing facilities, and other locations where food is sold or prepared;
- inspecting food processing equipment for cleanliness and proper sanitation procedures;
- working with other government agencies to address food safety concerns;
- keeping records of inspections and test results to aid in identifying possible food hazards;
- testing food samples for contamination by bacteria or other harmful substances;
- monitoring the food industry for new health hazards or changing regulations;
- conducting training sessions to educate restaurant employees on safe food handling practices.



Start date of employment:	1 <sup>st</sup> February 2022.
Job title:	Lecturer
Employer name, contact details and place of work:	Al-Quds University, College of Public Health and Nutrition, <a href="mailto:pr@alquds.edu">pr@alquds.edu</a> , Telephone: 0097022790606, Jerusalem- Palestine – Part time job.

My role and main responsibilities are:

- create lesson plans as well as special tutorial study plans geared toward a multicultural student body and diverse range of learning styles and levels;
- work closely with other departments and administration to establish student programs and training courses;
- demonstrate the ability to adapt quickly to a changing work environment in order to create an optimal atmosphere that promoted learning, discussion and dialogue;
- develop close relationship with college's students, parents and the community and encourage the collaboration of all groups to improve students' progress;
- manage and directed several student programs and groups that inspired academic success alongside community awareness and involvement;
- motivate individual and class progress and discussion;
- counsel at-risk and struggling students on one-by-one basis.

#### E) Previous work experience

Start date of employment:	1 <sup>st</sup> January 2012 to 1 <sup>st</sup> July 2019.
Job title:	Teacher.
Employer name, contact details and place of work:	Rayyan College of Complementary Medicine - Telephone: 0097226263941, Jerusalem - Part time job.

My role and main responsibilities were:

- present lessons in a comprehensive manner and use visual/audio means to facilitate learning;
- provide individualized instruction to each student by promoting interactive learning;
- create and distribute educational content (notes, summaries, assignments);
- assess and record students' progress and provide grades and feedback;
- maintain a tidy and orderly classroom;
- collaborate with other teachers, parents and stakeholders and participate in regular meetings;
- plan and execute educational in-class and outdoor activities and events.

Start date of employment:	1 <sup>st</sup> January 2013 to 1 <sup>st</sup> June 2015
Job title:	Dietician.
Employer name, contact details and place of work:	Musallam Hospital (H-Clinic speciality hospital currently), <a href="mailto:info@hclinic.ps">info@hclinic.ps</a> , Telephone: 0097022296204, Ramallah - part time job.

I worked on a group and an individual basis with people of all ages, in patients and outpatients.

Responsibilities include:

- providing health advice and promoting healthy eating;
- advising about special diets;
- making presentations;
- writing reports;



- educating health professionals and the public about nutrition;
- establishing and addressing key health needs;
- helping to facilitate dietary changes;
- working as part of a multidisciplinary team;
- supervising dietetic assistants and supporting the work of other healthcare professionals.

Start date of employment:	1 <sup>st</sup> January 2014 to 20 <sup>th</sup> February 2021
Job title:	Dietician.
Employer name, contact details and place of work:	Dar Alshifa Clinics, <a href="mailto:iajlouni4@gmail.com">iajlouni4@gmail.com</a> , Telephone: 0097226248401, Jerusalem - part time job.

I worked on a group and an individual basis with people of all ages, and just for outpatients.

Responsibilities include:

- providing health advice and promoting healthy eating;
- advising about special diets;
- writing reports;
- establishing and addressing key health needs;
- helping to facilitate dietary changes.

**Career /study breaks (if any):**

Dates (from-to)	Reason
28 <sup>th</sup> January 2018-7 <sup>th</sup> April 2018.	Maternity
17 <sup>th</sup> May 2012 to 10 <sup>th</sup> October 2019	Working

**F) Language skills**

Mother tongue: Arabic

Other languages*	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	B2	C1
Hebrew	B1	A2	B1	A2	A2
Italian	A1	A1	A1	A1	A1

\*According to CEFR levels

**H) Any scientific publications or published book?**

1. Abuqwider, J., Mauriello, G., and Altamimi, M. (2021). *Akkermansia muciniphila*, a new generation of beneficial microbiota in modulating obesity: A systematic review. *Microorganisms*, 9(5), 1098. <https://doi.org/10.3390/microorganisms9051098>.
2. Abuqwider, J., Altamimi, M., and Mauriello, G. (2022). *Limosilactobacillus reuteri* in health and disease. *Microorganisms*, 10(3), 522. <https://doi.org/10.3390/microorganisms10030522>.
3. Giordano, I., Abuqwider, J., Altamimi, M., Di Monaco, R., Puleo, S., and Mauriello, G. (2022). Application of ultrasound and microencapsulation on *Limosilactobacillus reuteri* DSM 17938 as a metabolic attenuation strategy for tomato juice probiotication. *Heliyon*, accepted after revision.

## **I) Communication skills**

Even though the communication skills are usually considered soft skills, I would like here to mention some hard skills, that are related to the communication. In particular, the use of video conferencing software platforms and software to communicate results and ideas.

I can use the free platforms Zoom and Google Meet, to join meeting or to create rooms for meetings. Moreover, I use Skype (account: jumana abuwider), Teams ([jqwider@gmail.com](mailto:jqwider@gmail.com)) and FaceTime.

To communicate results and ideas I usually use the Microsoft Power Point, even though I can use Apple Keynote.

Regarding the soft skills related to the communication I think to be a person with a good ability to:

- control anxiety to speak in front of audience;
- speak slowly and clear to have the attention of audience;
- make the audience involved in what I'm saying;
- communicate effectively with collaborators, colleagues and heads;
- deal with others in a courteous and professional manner;
- be smiling when necessary (sometimes it is);
- listen reasons of others;
- never cross arms during a conversation;
- never to scream (and nobody can scream on me).

## **J) Organisational/managerial/Team leadership skills**

Strong organizational skills are important for a variety of reasons, and here you can find mine. I can organize my collaboration with others and to save my productivity. I used to be active listeners, this help me to build strong relationship with different people, also help me to solve problems when I face. The ability to plan is one of the most important skills that I have, and it could show a strong organizational skill. At the same time, I can prioritize tasks, identify roadblocks ahead, breakdown complex projects into smaller components and assess their impact on outcomes. On the side of my mental organizational skills, I think in a logical and orderly way, and this help me to research and analyse situations, prepare documentation, and think strategically among others. I am physically organized, always able to keep my workplace, documents, computer desktop and files well-organized. Time management is an extremely important organizational skill and I possess this skill, I am able to perform my tasks in a timely manner, schedule, and stick to deadlines. Definitely, efficiency at work starts with a good work-life balance, for sure I give myself that space for rest, relax and hobbies.

As for managerial skills, I have the ability to communicate with, understand and motivate both individuals and groups, think in the abstract, and visualize the most appropriate response to a situation. Also, I can both effectively convey ideas to others and effectively receive information from others and I have the ability to recognize problems and opportunities.

Team leadership skills are essential, so that I have the ability to communicate openly and honestly with others, dealing with conflicts without taking sides and trying to solve the issue. I am effective communicator and facilitator, hard worker, committed, confident in the team, decisive, visionary, and of course I accept criticism. Also, always I try to motivate my team by rewarding them on their efforts so I can keep team's spirit high. Finally, I respect and trust others.

**K) Any international experience, including presentations at international conferences, or any other mobility period**

1. 7th CUCS Conference - University Cooperation in the New Challenges for Sustainable Development. Naples on 21st – 23rd April 2022. Double degree Naples-Nablus in Food Science and Technology, the point of view of a student.
2. Erasmus Plus Mobility in Italy from 23<sup>rd</sup> February 2021 to 30<sup>th</sup> July 2021.
3. Erasmus Plus Mobility in Italy from 10<sup>th</sup> October 2019 to 2<sup>nd</sup> February 2020.
4. Nutrition and Bariatric Surgery Conference – Jordanian Society for Food and Nutrition, Jordanian Bariatric Society, Palestinian Dietician Syndicate. Amman on 31<sup>st</sup> March to 2<sup>nd</sup> April 2019.
5. Paediatric Osteoporosis Conference – Palestinian Society for the Prevention of Osteoporosis. Bethlehem on 28<sup>th</sup> October 2013.