



Doha Hamad

Nutrition and food processing

● ADDRESS:

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● DATE OF BIRTH:

OCT 10 - 2000

PROFESSIONAL SUMMEAY

I recently graduated from Al-Balqa Applied University in the field of nutrition and food processing with a very good rate. I completed a large number of training courses in my field of specialization. I have the qualifications required for work. I have a great goal to learn everything new in the field of nutrition. I love working in a successful and positive environment. I can give 100% from my effort to the work

EDUCATIONAL BACKGROUND

- Bachelor degree in Nutrition and food processing

- ♦ Al Balqa'a Applied University 2018 - 2022
GPA - 3.0

GRADUATION PROJECT

- The effect of cinnamon on blood glucose level in patient with type 2 Diabetes

- ♦ Definition of diabetes risk factors, causes and symptoms The importance of herbs in nutrition
- ♦ A study of a number of diabetic patients, male and female, and what was the effect of cinnamon on them
WITH GPA -(-A)

PROFESSIONAL SKILLS

- ♦ Excellent in Communication skills
- ♦ Hark working
- ♦ Ability to work under pressure
- ♦ Teamwork
- ♦ Body language
- ♦ Ability to learning fast

TECHNICAL SKILLS

- ♦ Excellent in Computer programmes
- ♦ MS office (excel, access and word)
- ♦ Dealing with the internet professionally

LANGUAGES

- ♦ Arabic - native



- ♦ English - very good



CERTIFICATES AND COURSES

- Medical injection, venipuncture and wound suturing courses
 - Held in – The education and training At Al-Essra'a Hospital (2021)
- Nutritional intervention for high blood pressure
 - Held in – British Arab medical nutritional therapy – BAMNTA (2021)
- English courses
 - Held in – Amman international TEFL Training Institute (2019 – 2020)
- Feeding selective children
 - Held in – Healthy nutrition (2021)
- Meals planning course
 - Held in – Nutritionist: Aseel Tabaza (2021)
- Certification of Attendance
 - Held in - clinical nutrition for gout patient
- Certification of participation
 - Held in – the awareness lecture on first aid in cases of fainting (2021)
- Training at Jordanian royal medical service
 - for 7 weeks in period
- Training at food and drugs administration
 - for 7 weeks in period
- training of InBody composition analyzer theoretical and hands on
 - Held in - Arab Engineers for trading medical equipment and supplies LLC
- Meal analyses and planning using the ESHA program
 - Held in – Agricultural Engineers Association (2021)
- Food safety management system ISO 22000
 - Held in – Agricultural Engineers Association (2021)
- Certificate of practical and theoretical training in therapeutic nutrition

❖ The training program includes:

- Understand the basics of nutritional assessment.
- Nutrition for athletes
- Feeding and lactating women
- Nutrition for type 1 and type 2 diabetes
- Insulin resistance and polycystic ovaries
- Nutrition for patients with high blood pressure and heart

- Body nourishment
- Feeding school students and adolescents
- Training on the body composition analysis device in the body and gathering information