

Luan Qiuning

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EDUCATION

Macau University of Science and Technology 09/2019 – 06/2023
Bachelor of **Food and Nutritional Sciences**
GPA: 3.54/4

INTERNSHIPS

Nutrition Department of Henan Provincial People's Hospital 12/07/2022 – 20/08/2022

Intern

- Participated in the clinical nutrition of Dept. of Cardiology and Dept. of Endocrinology by gathering patient's basic information and diseases history, conducting physical assessment, 24h dietary survey and assessment of nutritional status, and thus designing nutritional therapy scheme
- Took charge of therapeutic diets of the hospital, including low-iodine diet and diabetic diet
- Organized and provided free lectures on diabetic and low-iodine diets

Qianwei Yangchu Food Co., Ltd. 20/06/2021 – 30/07/2021

Laboratorian at Quality Control Division

- Used sampling to inspect bacterial groups of raw food and package materials
- Conducted microbiological tests of raw and auxiliary materials, finished products, and water
- Undertook physical & chemical inspection, nutrient composition determination of finished products

Researcher at Technology and Research Division

- Advised on improvement of technologies, formula innovation, and cost estimation clients—e.g., KFC, Haidilao, luckin coffee and Pizzahut
- Conducted research and development to meet client's requirements products—e.g., Lotus Puff Pastries and Spicy Soup of KFC, and Oatmeal Cookies of luckin coffee
- For existing products, identified problems on factory assembly line, improved formula to fit industrial production, and assist workshop in using raw materials and accessories properly

Henan No.3 Provincial People's Hospital 01/06/2020 – 15/08/2020

Intern

- According to the characteristics of different populations, individualized health consultation, assessment and intervention programs are developed for each inspector. Focus on health assessment for cardiovascular disease, early oncology, joint pain and future disease.
- Through a full range of health interventions such as nutritious diet, exercise, etc., the corresponding health management plan is formulated for patients.

HEALTH & FOOD SCIENCES PRACTICES

Healthy Campus Project 28/04/2022 – 13/05/2022

Event Planner

- Raised "Healthy Campus" concept, determined event structure, and built a team
- Conducted a cross-sectional study of 100 participants based on the questionnaires of their dietary habit and sports, then employed Dietary Nutrition Assessment System to provide scientific advice on dietary nutrition
- Gathered data and used SPSS to conduct t-test to evaluate the relationship between the dietary habit of Macao college students and faculties and their physical health status
- Used Inbody Body Composition Analysis device to test 100 participants' body fat percentage and visceral fat

- Communicated health knowledge to participants, and started Sports “Punch Card” Event encouraging half of the participants to keep doing exercise
- Amended Food Frequency Questionnaire, International Physical Activity Question and Three-Factor Eating Questionnaire-R21 according to actual conditions

CIFST- The 3rd “Three Squirrels Cup” Snack Food Innovation Competition
10/2021

04/2021 –

Key Member

Product 1: **Lactobacillus Whole Wheat Bread**. It improved one of the whole wheat bread products of “Three Squirrels”. The whole wheat bread was made by rapid fermentation with the combination of lactic acid bacteria starter, yeast and a little α -amylase and xylanase. The improved bread tasted softer, included more nutrients and less additives, and could be reserved for a longer period.

Result: **The Third Prize (top 1.8%)**

- Collected consumer’s opinions of the original product and identified the aspects needing improvement
- Read massive research papers to make preliminary solutions, and wrote the R&D Plan
- In R&D process, tried different fermentation methods and selected liquid ferment method that solved the problem of souring and also cut down cost
- Replaced bread improver with α -amylase and xylanase to improve the texture
- Tested pH and moisture of the bread within 7 days and found that lactic acid bacteria starter could slow down pH changes and moisture loss
- Invited students to try the original product and the improved one, and the latter gain positive evaluation
- Redesigned the package and slogan of the product

Product 2: a newly kind of healthy meat snack- **okra stuffed with stewed beef**. It is healthy and nutritious.

Result: **Advanced to the semifinals (18%)**

- Conducted market research, designed questionnaires to know the young people’s likes and needs
- Selected beef and okra that made the product low fat and sodium, high protein and dietary fiber
- Conducted experiments repeatedly to get the final product—fresh and crisp okra outside, tasty inside
- Adopted independent packages with aluminum foil to preserve the quality and taste and provide convenience for consumers
- Designed the package with original cartoon figures and a slogan

OTHER PRACTICES

Academy Award of Advertising Festival of Chinese College Students
03/2022

01/2022 –

Key Member

- Designed graphic poster and advertising copywriting for Lianhua Qingwen Capsule
- Made a background investigation of the brand, the product and the consumers and thus identified the advertising direction and highlight
- **Advanced to the Finalist**

2021 Macao Youth Innovation and Entrepreneurship Competition
05/2021

03/2021 –

Key Member

Project introduction: The project was to build a historic culture hall named *Haojing'ao* where visitors could play games and choose gifts that were designed in the historical images of croupier, missionary, and Portuguese merchant.

Result: **Advanced to the Top 10**

- Conducted a field investigation to current historic culture hall and made a competitive products analysis, and then positioned our hall combining historic cultural with modern elements which was rare in Macao
- Searched massive literature and research papers and selected five distinctive characters in history to appear in the hall in multiple forms
- Determined the hall location after consulting government’s vacant land, studying local rules and

- visiting the fields; divided the hall into games zone, IP show case, and gift shop (blind box gifts)
- Made user analysis, competitive products analysis, risk analysis, financial budget of the project, and finished 3D modelling of the hall
- Arranged blind box suppliers, and contacted a local artist to design the IP images

CERTIFICATES & PATENT

Certificate of Completion of Training Program on Operating Resting Energy Expenditure Tester	07/2022
Volunteer Certificate for COVID-19 Prevention	08/2021 & 01/2022
Patent for Utility Model – Smart backpack	10/2017

SKILLS

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- Proficient in Word, Excel and PowerPoint, Shapr3D (Modelling), and graphic designing software
 - Good at using SPSS to analyze data
 - Conversant with various literature databases
 - Capable of using dietary nutrition assessment management system