

PRECIOUS PHIRI

C/O DOREEN KUMWENDA,
African Development Bank

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PERSONAL DETAILS

NATIONALITY: MALAWIAN

GENDER: FEMALE

DATE OF BIRTH: 14TH JANUARY, 2002.

PERSONAL PROFILE

Precious Phiri is an incredibly efficient and organized individual who exhibits hardworking and dependable qualities, coupled with absolute discretion and an exceptional attention to detail. Moreover, she stands out as a well-disciplined, focused, and self-motivated young woman possessing robust planning and organizational skills, a strategic focus, and adept leadership capabilities. Her impressive interpersonal and communication skills enhance her ability to collaborate effectively within teams. Notably, Precious Phiri excels in adapting to new ethical standards while upholding elevated levels of integrity and professionalism. She is also a logical thinker, capable of learning and promoting novel ideas.

ACADEMIC QUALIFICATIONS

- Bachelor of Science in Food and Nutrition, UNIVERSITY OF MALAWI (2025)
- Malawi School Certificate of Education (2018)

PROFESSIONAL EXPERIENCE AND RESPONSIBILITIES

1. Karonga District Hospital- Intern under the Nutrition Department (January 2024-february 2024).

- Worked closely with the NCD Department supporting diabetes and hypertension patients

- Conducted community-based nutrition assessments using MUAC and weight-for-height indicators.
- Participated in health talks on infant and maternal nutrition.
- Collected and recorded dietary data from outpatient clients.

2. Kawale Health Centre- Intern under the Nutrition and Public Health Department (June 2024- July 2024)

- Participated in public health campaigns and awareness meetings.
- Assisted in nutritional screening and referrals.
- Collected data from clients and maintained patient records.

3. Administrative assistant, Nutrition Champions club/organization (University of Malawi, 2024- 2025)

- Helped organize nutrition outreach activities and awareness campaigns.
- Handled club communications.
- Assisted in compiling activity reports and documentation.

4. Product development-final year project (UNIMA)

- Recipe formulation, Processing, fortification.
- Product testing to meet sensory and nutritional standards.

5. Research Thesis

- Assessing nutritional knowledge and dietary habits among boarding and day secondary school students.
 - Designed and implemented data collection tools
 - Conducted surveys and analyzed quantitative and qualitative data
 - Used excel and SPSS for data entry and analysis

6. Relevant course work

- Food science, Nutrition assessment, Experimental food science, public health nutrition, early childhood development.

SKILLS AND COMPETENCIES

- Advanced computer literacy (MS Word, Excell, PowerPoint, Email and

- Internet)
- Research design and data analysis
- Mobile data collection tools (ODK)
- Sensory evaluation and quality testing
- Good manufacturing practices (GMP) and HACCP
- Laboratory safety and equipment handling
- Good reporting skills
- Adaptability and flexibility
- Language and communication skills (Fluent in English and Chichewa)
- Fast learning and critical thinker
- Organizational and leadership skills
- Team work
- Integrity and ethical awareness
- Technical Skills:
 - Nutritional assessment and counselling, meal planning and diet formulation, data collection and analysis.
 - Dietary assessment
 - Physical stamina for fieldwork and familiarity with local communities

TRACEABLE REFEREES

1. Dr. Victoria Ndolo

Department of Human Ecology and Agricultural Sciences

School of Natural and Applied Sciences

University of Malawi

P.O. Box 280, Zomba, Malawi

Email: vndolo@unima.ac.mw

Phone number:0995042760

2. Mr. Hamilton Gondwe

The District Nutrition Officer

Karonga District Hospital

P.O. Box 1, Karonga, Malawi

Email: hamilton.gondwe@gmail.com

Phone number:0888044911/0995257057

3. Mr Andy Mphongolo

The Facility In charge

Kawale Health Centre

P.O. Box 1274, Lilongwe, Malawi

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Phone number:0999652498

