



# Alexia PELERIN

Dietitian Nutritionist  
Master's degree in Food Studies

## ABOUT

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Saint-Marcellin - France  
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Driving license  
French - 21/09/96

## LANGUAGES

French: mother tongue  
English: fluent  
Spanish: intermediate  
Malay: beginner

## SKILLS

### IT

C2I - IT French Certificate  
SPSS, Datameal,  
Microsoft Office Pack

### Dietary assessment

24h recall,  
Food Frequency Questionnaire

### Laboratory

Sensory tests,  
chromatography  
spectrometry

### Research

Qualitative and quantitative  
research

### Safety

PSC2: First aid certificate  
level 2

## PROFILE

French registered Dietitian Nutritionist, I completed a Master's degree in food Social Sciences in Malaysia. I have been working as a research assistant on a national study : The Malaysian Food Barometer. Living in this multi cultural country for the past three years, I have a strong background in adapting my work to different populations. I am seeking new opportunities in humanitarian aid association on projects to improve health by nutrition.

## EDUCATIONAL HISTORY

### Dual Master's degree: Philosophy and Social Sciences applied to food

- Master of Philosophy - Food Studies and Gastronomy (with honors)  
Taylor's University - Kuala Lumpur (MALAYSIA) | 2018 - 2020  
2 years in Malaysia
- Master in Social Sciences applied to food  
ISTHIA - Toulouse (FRANCE) | 2018 - 2020

### Bachelor of Science (Hons) Nutrition

Robert Gordon University - Aberdeen (SCOTLAND) | 2016 - 2017

### DUT: two-year university degree in Biology - Dietetics

Université d'Auvergne - Clermont-Ferrand (FRANCE) | 2014 - 2016

## WORK EXPERIENCE

### Volunteer : Food distribution officer during COVID-19 pandemic

French Red Cross | France | October 2020 - present

### Agricultural Aid - walnut farm

Family farm | France | October 2020 / October 2017 / October 2015 (3 months)

### Research assistant - Malaysian Food Barometer

Taylor's University | Malaysia | February 2018 - Juin 2020 (2 years 4 months)  
Research funded by the French Dairy Interbranch Organization (CNIEL)

- Carry out a mixed-method research: qualitative and quantitative using data from the Malaysian Food Barometer including 1604 participants
- Lead interviews (24h recall and FFQ) and analyze data on SPSS
- Study factors influencing food intakes and identify changes in eating habits
- Identify opportunities for the french dairy industry on the malaysian market

### Dietitian - Project eat and move

Maison des familles | France | August 2017 - February 2018 (6 months)  
Community of communes (47) - Saint-Marcellin Vercors Isère

- Respond to national and regional calls for projects and set up social and awareness-raising actions related to nutrition for the most vulnerable
- Promote balanced diets and physical activity to people in a precarious situation
- Educate children, parents and professionals about nutrition in schools
- Run workshops: eat in mindfulness and cooking classes

## INTERESTS

### Travels:

24 countries (Europe and Asia)

### Community life:

Red Cross & Les Restos du Coeur  
food distribution (1 year)

**Sport:** combat sports (5 years)

### Miscellaneous:

Scuba diving (PADI);  
Aeronautics & Skydiving;  
Gastronomy (cooking)

### Waitress

Breizh K-Fé | France | June 2017 - September 2017 (4 months)

### Trainee dietitian - Educational tools creation and animation

CRESNA | France | June 2016 - August 2016 (2 months)

- Create educative tools combining nutritional and sensory educations
- Run cooking workshops for teenagers
- Organize and animate healthy cooking classes with various audiences

### Trainee dietitian - Hospital, rehabilitation center, psychiatric center

Centre hospitalier de Saint-Marcellin | France | April 2016 - June 2016 (2 months)

- Make menus for the establishments following the National Food Program
- Lead nutritional assessments and adapt menus to patients' pathologies
- Educate patients about their diet
- Lead awareness campaigns related to obesity to patients and professionals

### Receptionist in a bank

Crédit Agricole | France | July 2015 - August 2015 | August 2014 (3 months)

### Trainee dietitian - Nursing home catering

Nursing home | France | June 2015 - July 2015 (2 months)

- Prepare meals to elderly under HACCP rules
- Adapt menus according to patients' pathologies

## ACHIEVEMENTS

- 2020 : Online course WASH'Nutrition by UNICEF  
: Malaysian Food Barometer 2018 - upcoming publication  
: Thesis: "Sociocultural determinants of the dairy products consumption"  
: MOOC Epidemiology
- 2018 : Literary studies: "breastfeeding and obesity"  
: MOOC Breastfeeding
- 2017 : Fish cake product development for Thistle Seafood Ltd  
: Public health campaign: sugar consumption  
: Literary studies: "insects as new food"
- 2016 : Literary studies: "religion and food"

## REFERENCES

**Professor Jean-Pierre Poulain**

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Thesis supervisor - Taylor's University  
Malaysian Food Barometer  
scientific director  
+33675145841  
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**Stéphanie Vizier**

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**Delphine Faucon**

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