Sarah Yaa Amoah Abeka

Nutritionist & Food Scientist

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🔗 https://www.sarahabeka.com/   in https://www.linkedin.com/in/sarah-abeka-bb7810246

◖◗ https://medium.com/@sarahyaa2018

Profile

Skilled Nutritionist and Food Scientist with proven academic and practical understanding of Micro-biology, Nutritional Physiology, Nutrients and their Metabolism, Food Analysis, Sensory Science, Nutrient Interrelationship and needs, and Thermal Processing to mention a few. I have strong sensory analytic and research experience. I respond positively to assignments, and enjoy participation in teamwork. My goal is to become a professional nutritionist. 👩‍🍳🔍🍴🍽️🔪
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Education

BSc. Biological Science (Nutrition and Food Science),   08.2018 – 09.2022 | Accra, Ghana
University Of Ghana ⤢

Chemistry, Biology & Physics, *Holy Child High School*   05.2014 – 10.2018 | Cape Coast, Ghana

Professional Experience

Sensory Analyst Trainee, *Department of Nutrition and Food*   01.2022 – present | Legon/Accra, Ghana
Science, University of Ghana ⤢
- Responsible for analyzing and characterizing food product

Nutrition Counselor (Internship), *Tema General Hospital* ⤢   06.2021 – 08.2021 | Tema, Ghana
- Obtain and analyze patients' dietary history

- Asses patients' eating habit and pattern

- Counselling patients and advising them on the best and suitable nutritional practices

- Regular monitoring of patients' status

Regulatory Officer (National Service Personnel),   Accra, Ghana
Food and Drugs Authority ⤢
- Assessed residents in a long term care (LTC) and skilled nursing setting for nutrition risk and applied medical nutrition therapies accordingly, such as intervention with oral supplements

- Lead weekly meetings on a QAPI initiative for prevention of excessive weight loss

- Applied medical nutrition therapies to nutrition problems in the acute care setting

- Conducted inservices and audits for the dietary department to ensure food safety compliance

Skills

Sales	**Inspection**	**Nutrition counseling**	**Research**
Microsoft Excel	**Microsoft Powerpoint**	**Minitab** Statistical Data Analytics tool	

Languages

Twi ●●●●● English ●●●●○

Interests

• Cooking   • Reading   • Listening to music

References

Dr. Fredrick vuvor, University Of Ghana
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Dr. Maame Yaakwah Blay-Adjei, University Of Ghana
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Dr. Hussein Mohammad, University Of Ghana
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Projects

Food Generator Tool   01.2023
I collaborated with Solomon Yaw Adeklo (a web developer) to develop and integrate a food generator web app onto my portfolio website. Find thousands of foods you can generate with my online tool! Note: The tool works more conviniently on a desktop computer.

Click here to generate your favourite food 👉 https://www.sarahabeka.com/recipegenerator/ ⧉

Academic research (Undergraduate), *Exporing the gaps in*   10.2022
sensory and consumer science education and industry practice
in selected food companies in Ghana -
I completed a research project in 2022 Exploring the gaps in sensory and consumer science education and industry practice in selected food companies in Ghana. This study aims to explore the knowledge gaps between what students are taught and how they apply this knowledge in industry. The study was done by administering a semi-structured questionnaire using one-on-one interviews and online surveys to students, lecturers, and staff of food companies.

Download full documentation with this link 👉 https://www.sarahabeka.com/Finalyearproject.pdf ⧉