

Farah Ibrahim

L I C E N S E D D I E T I T I A N

Goal-oriented and determined licensed dietitian with three years of experience in assessing, diagnosing and treating nutritional problems with distinct experience in food safety. Enthusiastic and dedicated with specialized knowledge in nutritional values and food hygiene, seeking high levels of experience in your company.

Skills Summary

Communication skills
Problem-solving skills
Curiosity and attention to details
Organization
Computer skills
Basic knowledge of food hygiene and quality control
Nutrition education

Educational History

The better process control school (BPCS) - MEFOSA

8 Dec 2021 , online certificate

- Trained on how to handel acidified and low acid and how to comply with federal regulations.

Coursera

Nov 2020-present, online courses

- Engaging in Persuasive and Credible Communication- National University of Singapore.
- COVID-19:What you need to know (CME Eligible)- OSMOSIS.org
- Unravelling solutions for Future Food problems-
- Utrecht University
- Project management- UCI
- Work smarter not harder- UCI

National competency assessment examination (colloquium)

2 Nov 2020, Lebanese Ministry of education

License in Nutrition and Dietetics

Modern University of Business and Science

Oct 2016 - Dec 2019, Bachelor of Science

BS Nutrition and Dietetics

GPA: 2.82

Thesis involved comparing the vegetarian diet and the regular diet to prove that the vegetarian diet is lower in saturated fats.

Was part of the health club, and assisted in health days, community services and other activities.

College Saint Charbel Jieh

Oct 2013 - Jun 2016, Lebanese Baccalaureate

Lebanese Baccalaureate-Life Sciences

Experience

Operation Executive-Food Safety Team Leader

Apr 2022-present, Raw Bites

- Supervise production and day-to-day operations to ensure optimal product quality and safety.
- Handling Iso and maintaining quality control standards. Performs internal audits and assist in external ones.
- Evaluate employee`s performance, interview new labors, prepare trainings and train labors.
- Evaluate suppliers, evaluate receiving of materials, get quotations and search for new competent suppliers.
- Participate in R&D, work on new recipes, take samples for lab tests and nutritional facts, work on improving products and shelf life.

Health Club and SPA Receptionist

Aug 2021-Apr 2022, Movenpick

- Greet members of the health club and help in solving their problems. Answer phone and take bookings.

Dietitian

Apr 2021-present, Ronin Gym

- Consult clients and plan customized diets to help people reach their health goals.

Clinical Assistant

Nov 2020, Sahel General Hospital

- Conduct daily floors round on patients and diets. Assess patients and provide education.
- Assist dietetic interns with their daily duties.

Dietetic Intern

Feb 2020 - Oct 2020, Sahel General Hospital

- In clinical rotation, worked on more than 20 cases, assessed patients, followed up daily and gave proper education. Interfered nutritionally when needed on floors.
- In food service rotation, Analyzed the food flow, food safety, quality control, receiving, and other rotations.

Food service trainee

Feb 2020, Le Commodore Hotel-Hamra

- Analysed the food flow, food safety and hygiene, quality control, storage, receiving, and other rotations.

Waitress

Jun 2017-Sep 2017, Iris beach resort

- Had access to the kitchen and storage areas, and analysed the overall hygiene of the food flow.



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