

DR. AZZA ALY AL AREEFY

Personal Data |

Name Azza Abdul Hafiz Aly Al Areefy
Date Of Birth 30-03-1976
Mobile 01061843212 - 01007411514
E-Mail azza_hafiz@hotmail.com

Education |

- ✚ 2002-2007 Ph.D. Nutrition & Food Science Dep. Faculty of Home Economics – Helwan University – Egypt (Grade: Very Good with Honor).
 - ✓ Thesis Title (*Effect of Acetyl L-Carnitine and Choline supplementation as Anti-Aging Factors On Aged Rats*)
- ✚ 1998-2001 M.Sc. Nutrition & Food Science Dep. Faculty of Home Economics – Helwan University – Egypt
 - ✓ Thesis Title (*Effect of Some Drugs Interaction on Nutritional and Iron Status in Growing Rats*)
- ✚ 1994-1998 . BS.c. Nutrition & Food Science Dep. Faculty of Home Economics – Helwan University – Egypt

Positions Held

2007 - still **Assistant Professor**

Nutrition & Food Science Dep. Faculty of Home Economics – Helwan University – Egypt

- ❖ Teaching courses in Nutrition principles, Advanced nutrition, Nutrition of vulnerable groups, Clinical nutrition, Human nutrition, Meals planning, Experimental cooking, Food preservation, Food analysis, Food evaluation, Food additives, Groups cooking, Food technology, Food chemistry.

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2001 – **Assistant Lecturer**

2007

Nutrition & Food Science Dep. Faculty of Home Economics – Helwan University – Egypt

- ❖ Teaching courses in Nutrition principles, Advanced nutrition, Nutrition of vulnerable groups, Clinical nutrition, Human nutrition, Meals planning, Experimental cooking, Food preservation, Food analysis, Food evaluation, Food additives, Groups cooking, Food technology, Food chemistry.

1997 – **Administrator**

2001

Nutrition & Food Science Dep. Faculty of Home Economics – Helwan University – Egypt

- ❖ Teaching the practical part of courses in Nutrition principles, Advanced nutrition, Nutrition of vulnerable groups, Clinical nutrition, Human nutrition, Meals planning, Experimental cooking, Food preservation, Food analysis, Food evaluation, Food additives, Groups cooking, Food technology, Food chemistry.

1997 - Still **In All positions held I was participating in:**

- Preparation of educational material including Movies & power point presentations.
- Designing of teaching aids.
- Preparation of Seminars and Lectures.
- Participating in arranging sessions about clinical nutrition & food science.
- Participating in the preparation of conferences.

Laboratory Activities |

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- ✚ Dietary intervention for the experimental animals.
- ✚ Anatomy of experimental animals and collecting samples and organs.
- ✚ Preparation of sensory evaluation samples of various food.

Personal Skills & Competences |

❖ Computer Skills

- ✚ A full command of the use of windows and desktop applications (Word, Power Point, Excel).
- ✚ A full command to use the Internet.
- ✚ The Application for the preparation of educational videos.
- ✚ Good applicant of Photoshop programs.

Languages

- ✚ Arabic (Mother tongue)
- ✚ English (Excellent speaking, reading and writing) "TOEFL"

Training Courses |

1998	Effective teaching	Helwan University
1999	The new trends in teaching	Helwan University
2001	Leaders' preparation	Helwan University
2002	Teacher preparation	Helwan University

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IN SAUDI ARABIA

REGISTERED AS SENIOR SPECIALIST IN SAUDI COMMISSION FOR HEALTH

SPECIALISTS

- ✚ Quality and the academic accreditation at the university of king Saud, workshop 09/01/2010 (10:00 am: 12:00pm), Riyadh, KSA.
- ✚ The first meeting of scientific committee and the accompanied exhibit, in king Saud University. 10-11-january 2011.
- ✚ Preparing and presentation of scientific lecture in "Aging... its theories How can you retard it by nutrition"? Tabouk University, collage of education. 22/4/2010.
- ✚ Attendance of workshop in "The search in Data bases". King Saud university,10/1/2011.
- ✚ The meeting of Health care development for elderly research chair. Symposium "Current Trends in Elderly Health Care. "The University of King Saud, collage of Applied Medical Sciences, 13-14/12/2010.
- ✚ Attendance of "World Food Day" United Against Hunger, FAO, Saturday Medical Saud complex, 30W10W210.
- ✚ Participating and organizing of Functional Food Event, in prince Salman clup,4/1/2011.
- ✚ Attendance of workshop in "The Smart Classrooms". King Saud University, 27/11/1432.
- ✚ Participating and organizing of the renewed health of elderly chair, in prince Salman clup, 24/1/1433.
- ✚ Certificate of attendance "The first International Alzheimer's Disease Conference 20-22/2/ 2012.
- ✚ Certificate of attendance of the workshop titled "Examination Quality" held on 17-18/5/2011 at the collage of Applied Medical Science.
- ✚ Certificate of attendance of the workshop titled "Course specification and report" held on 19/4/2011 at the collage of Applied Medical Science.

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- ✚ Certificate of attendance the workshops titled "Quality unit day" held on 26/3/1432 at the collage of Applied Medical Science.
- ✚ Certificate of participation in the conference titled "Overcoming Obstacles in Implementing Higher Education Quality Assurance System" on 23/5/2011.
- ✚ Certificate of participation in the conference titled "Brest Cancer and Nutrition" on Halal food control & Exhibition" 12-15/2/2012.
- ✚ Certificate of attendance of the workshops entitled "Creative Teaching Skills" On 19/2/2011 held at King Saud University for a six training hours.
- ✚ Certificate of attendance the workshops titled "Publication Requirements and Scientific principles of editing Papers" held on 26/3/1432 at the collage of Applied Medical Science.
- ✚ Certificate of attendance the workshops titled "Toward Transforming Applied Medical Sciences Education" on 10/3/2012 at collage of Applied Medical Sciences (CAMS).
- ✚ Certificate of attendance the conference entitled "The first conference of Applied Medical Sciences colleges (CAMS 2012).
- ✚ Certificate of attendance the conference entitled "Prophetic, Pharmaceutical Quality Medication Conference" December, 2013).
- ✚ Certificate of attendance the Training Program for the new Staff Members from 15-19/9/2012.
- ✚ Certificate of attendance the Training Program" International Publication for scientific researches "on 21/1/1435.
- ✚ Certificate of attendance the Training Program "Preparing of Funded researches projects "on 1-2/1/1435.
- ✚ Certificate of attendance the Training Program "Blogs "on 24-25/1/1435.
- ✚ Certificate of attendance the Training Program" Electronic design questionnaires "on 3-

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4/1/1435.

- ✚ Certificate of attendance the Training Program "Designing of interactive studying Course Lab "on 3-4/1/1435.
- ✚ Certificate of attendance the Training Program "Taibah University NCPT Workshop: NCP Implementation in the Middle East Taibah University, Medina, Saudi Arabia. March 5, 2015.
- ✚ Participating and organizing of Pediatric Celiac Disease Mini-Symposium. Held in Madina Maternity & Children's Hospital. On 4/2/2016.
- ✚ Participating and organizing of Food allergy event. Held in Madina Taibah University. On 4/2/2015.
- ✚ Participating and oral speaker on the lecture about obesity, in King Abdul Aziz schools. February, 1437.
- ✚ Participating and oral speaker on the lecture about diabetes and functional food, in diabetic s day. February, 2014.
- ✚ Certificate of attendance the Training Program "universal ethics supporting" Taibah University. 3/1/1435.
- ✚ Certificate of attendance the Training Program "health ad clinical Database" Taibah University. 8/2/2016.
- ✚ Certificate in honor of successfully attending the course entitled "Turnitin & iThenticate Training" Held in Taibaah University 12/ 11/ 2015.
- ✚ Certificate of attendance the Training Program "distance learning" Taibah University. 20/3/2016.
- ✚ Certificate of attendance the Training Program" New skills in learning and education" Jazan University. 16/9/2019.

PUPICATIONS:

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- ✚ Behavior of consumers towards Probiotic containing products and its related factors. International Journal of Biology. Pharmacy and Allied Sciences. (IJBPAS) 2013.
- ✚ Evaluation of the Prevalence and Correlated Factors for Decreased Bone Mass Density among Pre- and Post-menopausal Educated Working Women in Saudi Arabia. Journal of Health, Population and Nutrition (JHPN) 2014
- ✚ Effect of food habits on Asthma attack and asthma severity in pre-school & school age children in Al-Medina Al-Monawara. "2015 International Conference on Food Nutrition and Civil Engineering (ICFNCE'2015)".
- ✚ ASSOCIATION BETWEEN CAFFEINE INTAKE DURING PREGNANCY AND PREGNANCY OUTCOME AMONG SAUDI WOMEN LIVING IN ALMADINA ALMONAWARA CITY: A PROSPECTIVE COHORT. *J.Bio.Innov 5(2)*, pp: 197-205, 2016.
- ✚ The role of elevated alanine aminotransferase (ALT), FasL and atherogenic dyslipidemia in type II diabetes mellitus Howayda N. Mahran, Lobna M. Saber, a, Abdullaziz A. Alghaithy, and Azza A. Elareefy, *Journal of Taibah University Medical Sciences. Medical Sciences (2016) -(-), 1-6.*
- ✚ EFFECT OF NUTMEG AND COFFEE AGAINST CARBON TETRA CHLORIDE-INDUCED LIVER DAMAGE IN MALE ALBINO RATS. Eman El-Sayed M. El-Serwy And Azza Abd El-Hafiz Al Areefy.
- ✚ ***EVALUATION OF OXIDATIVE STREE AND ANTIOXIDATIVE FEFENSE SYSTEM IN INFANT AND YOUNG CHILDREN WITH IRON DEFENSE ANEMIA OF SHARQEIA Governorate, EGYPT.JOURNAL OF HOME ECONOMIC. 2017(2) 1.***
- ✚ ***Assessment of some Nutritional Risk Factors that Predispose to Autism Among school & School Saudi Children Living in AL-Madinah Al-Monawarah City. Received: February 09, 2017 Accepted: March 22, 2018***
- ✚ ***Protective effects of carcumin during benzo(a) Byrene induced liver toxicity and carcinogenicity in rats. • J. of Home Economics Minufiya University, 26. Oct. 2016.***
- ✚ ***Association between household use of chlorine containing chemicals and***

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obesity: "A cross-sectional study" The first international conference of nutrition, Hurghadah, Arab Republic of Egypt. 11-14 April 2017.

HONORABLE Reviewer:

Work as as an Reviewer Board member for AS Nutritional Health, in the below links and.

www.actascientific.com/ASNH-RB.php

RESEARCHES IN PROGRESS:

- ✚ The relation between coffee consumption and folate status in Al Madina pregnant women.
- ✚ Use of plastic dishes and children nutritional status among Saudi women living in Al Madina Al Munawarah city: A PROSPECTIVE COHORT.