**RULA SULAIMAN DAWUD**,

Amman - Jordan.

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**Languages:Arabic:**(Native), **English**(Very Good)

CAREER OBJECTIVE:

Fresh Graduate Nutrition and dietitian , Adept in developing custom menus for basic needs, answering patient questions and suggesting ways to eat healthy while keeping food bills down.

Having a proven track record of successfully promoting healthy eating habits to communities and suggest diet modifications to individuals.

Now looking to further an already successful career by working for a caring, reputable and ambitious organization.

PROFESSIONAL SKILLS:

* **Strong understanding of essential nutrition**
* **Excellent communication skills**
* **Significant amount of patience with clients**
* **Strong team player**
* **Strong computer skills**
* **Excellent presentation skills**
* **Managing the weight of overweight patients.**
* **One-on-one consultations**
1. Experience:

**Royal Medical Services** working as - **Trainee** (1/2017 – 4/2017)

* Rounding on the patients room and provide them tips and guidance which appropriate with their status.
* Analyzed clients’ eating habits and outlined areas for improvement
* Design Different types of diets for Different diseases.
* Managing food services process from farm to patient.
* Adjusting the process of food safety and hygiene based on ISO 22000.
* Continually met with clients to assess progress and adjust plans.
* Dealing with various categories of society under pressure of work.
* Educate and counselling healthy people.
1. Experience:

**Together we can, Orphan Care Team –** Ammanworking as –**Volunteer** (4/2016 – 5/2017)

* Nutritional education campaigns for orphan, university and school students and Syrian refugees.
* Held nutrition workshops to support client progress and introduce new concepts.
* Supporting orphan and poor people.
* Helping society and others.

1. Experience:

**mawdoo3.com,  The biggest  Arabic online encyclopedia** working as **– Nutritional proofreader**(9/2017 **–** 12/2017)

Education:

* **B.Sc.** in ***Nutrition and Diets***fromUniversity Of Jordan[2013--2017] - (Jordan - Amman)
* High Secondary School, Scientific Section - Amman**GPA 93%**

Training:

* **Updates in Medical Nutrition Therapy**- Jordanian DieticiansAssociation
* **Food Safety (ISO 22000) & HACCP -** Advance for Development
* **Nutrition Assessment in Hospitals -** Agriculture Engineers Association

Publications:

* Translation "from English to Arabic" of scientific article in nutrition field

[http://www.bel-arabi.com/2016/12/17/%d9%86%d9%82%d8%b5-%d8%a7%d9%84%d9%81%d9%88%d9%84%d8%a7%d8%aa-folate-deficiency-%d8%a7%d9%84%d8%aa%d8%ba%d8%b0%d9%8a%d8%a9/](http://www.bel-arabi.com/2016/12/17/%D9%86%D9%82%D8%B5-%D8%A7%D9%84%D9%81%D9%88%D9%84%D8%A7%D8%AA-folate-deficiency-%D8%A7%D9%84%D8%AA%D8%BA%D8%B0%D9%8A%D8%A9/)

* Translation "from English to Arabic" of scientific articles in cancer field.

Formed a scientific research group to translate three scientific articles in the field of "the relationship of some types of cancers with vitamin D deficiency":

* Plasma vitamin D and risk of colorectal cancer: the Japan Public Health Center-Based Prospective Study.
* Plasma levels of 25-hydroxyvitamin D, 1,25-dihydroxyvitamin D and the risk of prostate cancer.
* Plasma level of vitamin D and risk of breast cancer.

Then we conducted a scientific review of these three articles in Arabic, as part of a student competition organized by "Arab Foundation".

* Metabolic rate, new trend to boost it --- Graduation Project

Membership:

* NUTRI-TECH team, The Academic Team in Nutrition Department
* BEL-ARABI team, Translation of Scientific Articles Team
* Together we can, Orphan Care Team
* MEDAD team, Intellectual Team

Preferences:

Available upon request.