**SULAYMAN HUDAH TAHIRAH**

NIGERIAN SECURITY PRINTING AND MINTiNG

QUARTERS

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# PERSONAL INFORMATION

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| --- | --- | --- |
|  | State of Origin: | Kogi |
|  | Date of Birth: | 11th January, 1995 |
|  | Sex: | Female |
|  | Marital Status: | Married |
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**OBJECTIVE**

To bring positivity, enthusiasm and determination into any organization that gives me the opportunity

# EDUCATION

* 2017 Bachelor of Agriculture Technology (B. Agric. Tech.) Food

Science and Nutrition **–** Federal University of Technology

Minna, Niger State, Nigeria.

* 2011 West African Senior School Certificate (W.A.S.S.C) –

Michael Omonogun Memorial Secondary School Lokoja, Kogi State, Nigeria.

* 2005 First School Leaving Certificate (Primary School) –

Michael Omonogun Memorial Nursery & Primary School,

Lokoja, Kogi State, Nigeria.

**RESEARCH WORK:**

* Effect of Solid State Fermentation on the Functional and Antioxidant Properties of African Yam Bean Flour.

**LEADERSHIP POSITIONS HELD:**

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| --- | --- | --- | --- |
|  | Treasurer - NAFSNS Federal University of Technology, Minna. |  |  |
|  | Head Girl, President Literary and Debating Club – Michael Omonogun Memorial Secondary School , Lokoja. |  |  |

**SKILLS:**

* Creative and Analytical Thinking
* Good Verbal and Written Communication skills
* Computer Application (MS Office Suite) and Other IT Equipment
* Digital Marketing
* Attention to details
* Healthy Cooking

# WORK EXPERIENCE

**2018: NYSC Member** ▬Garki Hospital Abuja, Nigeria

**Duties:**

* Monitoring and Documentation of Nutritional status of Patients (Nutritional Screening).
* Develop Nutrition and diet plans and implement intervention based on knowledge of patient’s current health status.
* General counselling relating to Obesity, Diabetes mellitus, Cardiovascular, Hypertension and other Non-communicable Disease.

**2016: Student Trainee** ▬NAFDAC Kaduna Area Laboratory

**Duties**:

* Conduct appropriate tests on new and existing food products to ensure conformity to standard.
* Analysis of water samples in the laboratory for various parameters such as total residual chlorine, Nitrite test and color test.
* Supervised and trained new students on yoghurt parameters accordingly.

**2016: Student Trainee** ▬Tantalizers PLC:

**Duties:**

* Determined and utilized correct quantity of raw material as per production order.
* Took and prepared food menus / orders according to customer’s needs & preferences in a timely manner.
* Prepared, presented and packaged a variety of fast food like sausage roll, pies, bread, salads and chips.
* Maintained high standards of hygiene and adhered to established health regulations.
* Tested food samples to determine palatability and customer appeal.
* Supervised food and kitchen employees.

**2015: Student Trainee** ▬Federal Medical Center, Lokoja.

**Duties:**

* Participated in dietitian's counselling sessions.
* Screened new patients referred to the Nutrition unit
* Preparation and administration of liquid diets according to medical conditions.
* Following all guidelines for prevention of foodborne illness.

**CERTIFICATION**

Nigerian Red Cross Competence Standard First Aid Course 2019

**INTEREST:** Soccer,Reading and Research

**LANGUAGES:** English, Arabic, Hausa and Igala

**REFEREES:**

1. **Prof. C. E Chinma**

Professor of Food Science and Technology,

Federal University of Technology, Minna

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1. **ISIAKA Ibrahim**

Field Coordinator (Food Security and Nutrition)

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